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HOW TO BEAT THE LUNCH RUSH
STOP BY THE ANNEX FOR SOME SUSHI {page 63}

WRITER DOES DUFF HAVE THE RIGHT STUFF? {page 41}

TORONTO metro®
Thursday, October 14, 2010
www.metronews.ca
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HUGO INFANTE/THE ASSOCIATED PRESS

▶ In this photo released by the Chilean government, miner Carlos Barrios waves to the crowd yesterday while emerging from the capsule that brought him to the surface from the collapsed San José mine near Copiapo, Chile. For more coverage, see page 10.

The world watches

Technology brings together hundreds of millions worldwide, creating shared memory of miner rescue

Plane crashes, terror threats, oil spills, toxic leaks. The TV news diet is often dire, rarely joyous.

And then there were the pictures yesterday of brave, dignified miners who had been trapped beneath the ground for more than two months being brought to the surface, to breathe fresh air and to hug their loved ones.

Communications technology — including live video from within the mine — turned the entire world into a global village hoping for the safe release of men they did not know and would probably never meet.

It was as if each of us could see ourselves in their place, wondering how we would cope with the sustained terror and then the sudden emergence into the light.

"It feels like we're all there with them even though we're so far away in London," said Jose Torra, 34, early yesterday morning as the rescue unfolded.

"For once it is a story with a good ending."

In New York City, Mark and Susan Vannucci, a landscaper and a nurse from Bethpage, N.Y., watched the rescue on a TV at a restaurant in Times Square.

"It's a heartwarming story," Mark Vannucci said. "It's family values, it's leadership, it's everything that we should have here."

THE ASSOCIATED PRESS

Twitter reaction

- **@neonfoxtongue:** I like that every time I refresh a news site, another Chilean miner is rescued.
- **@mkaterobinson:** My eyes welled up watching the 11th Chilean miner rescued this morning. Thoughts are with them and those waiting to be rescued.
- **@hisandradiaz:** Moved beyond words by the Chilean miner rescue. Can't even begin to imagine how they feel.
- **@paulscheer:** It's weird that CNN keeps playing Pink's "I'm coming up so you better get this party started" during the Chilean miner rescue

Warrant issued for sex offender

Police hunt for ex-hockey coach Graham James {page 18}

Always hitting the Extra Points

Dan Toth on the home stretch of the CFL season {page 67}

The Princess Margaret

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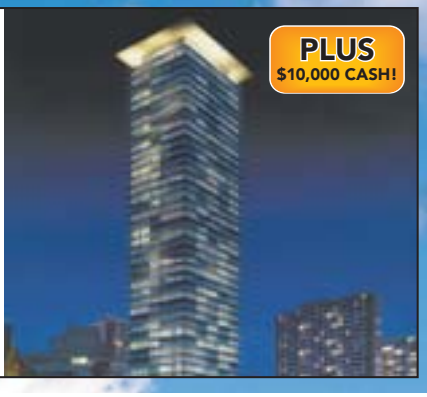

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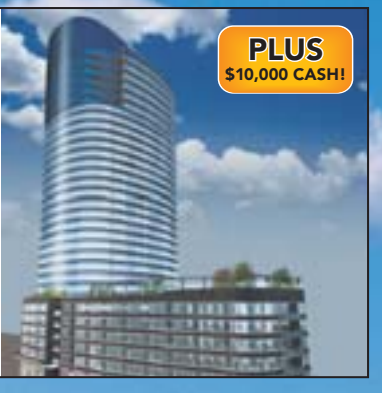

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RICK EGLINTON/TORSTAR NEWS SERVICE

▶ Toronto mayoral candidate Rob Ford addresses the Toronto Board of Trade yesterday.

Smitherman and Ford level in poll

Poll is first since June that hasn't had Ford as the front-runner ◐ Survey conducted at the end of a week that saw Sarah Thomson end her mayoral campaign and back Smitherman

Endorsements for George Smitherman and fears over Rob Ford becoming Toronto's mayor have the pair in a dead heat as they fight through the final days of the election, a new poll suggests.

The Ipsos Reid survey conducted Thanksgiving weekend gives Smitherman, the former Ontario deputy premier, 31 per cent support of decided voters, with Ford, the cost-cutting Etobicoke councillor, at 30 per cent. Polls in mid-September had Ford leading by between 13 and 24 points.

"Smitherman has some momentum ... and in the last 10 days he needs to give people a clear reason to vote for him, not just against Rob Ford, although that may be enough to win."
JOHN WRIGHT OF IPSOS REID

The new poll of 400 people conducted for Newstalk 1010 has Deputy Mayor Joe Pantalone, the standard-bearer for council's left-leaning faction, a distant third at 11 per cent. It suggests an almost complete collapse for former executive Rocco Rossi, now at four per cent.

One-quarter of respondents remain undecided. The poll's margin of error is 4.9 percentage points, 19 times out of 20.

After the poll's release yesterday, John Wright of Ipsos Reid noted that, when the respondent pool is narrowed to just those who intend to vote Oct. 25, Smitherman has 38 per cent support compared with Ford's 32.

"With a six-point gap, it's about who will get out the vote on election night," he said, adding the data suggests many Torontonians are prepared to vote strategically to keep Ford out of the mayor's chair and are "somewhat reluctantly" backing his main rival. TORSTAR NEWS SERVICE

Voting locator

Not sure where you have to go to cast your ballot in the municipal election?

- Go to vote.ca and type in your address. It's a voting place locator for all levels of government.
- Ward-specific voting place information is mapped out for Toronto.
- Voters also get a direct link to their own municipal election page.

THE CANADIAN PRESS

1 news

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
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Theo Fleury speaks out on news of a new arrest warrant for ex-coach Graham James. Video at metronews.ca /canada

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Doctor arrested in terror plot makes bail

- London pathologist one of three charged in August
- Once appeared as contestant on Canadian Idol

A London doctor charged with conspiracy to facilitate terrorism walked free on bail yesterday.

Khurram Syed Sher, who once auditioned for the Canadian Idol TV show, was released on strict conditions.

Among them, he must live with Toronto-area relatives who posted bonds totalling $183,000, and must report to the RCMP weekly.

The 28-year-old Sher sat quietly through the proceeding in Ottawa, glancing occasionally at relatives clustered in the front rows of the courtroom. Details of the bail proceedings are under a publication ban.

Sher was charged in late August along with Ottawa residents Misbahuddin Ahmed, 26, and Hiva Alizadeh, 30.

Ahmed was released on bail last month, but the Crown is appealing that decision. Alizadeh has yet to have a bail hearing.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Terror suspect Khurram Syed Sher leaves an Ottawa courthouse yesterday.

Anser Farooq, Sher's lawyer, said he hopes the Crown doesn't appeal his client's bail.

"It would not be an appropriate position," he said.

Farooq said he wants the Crown to go over the case carefully before deciding to go to trial.

"I would certainly hope that they are going to review this case thoroughly before subjecting an individual to this lengthy and very troublesome prosecution," he said.

The lawyer said he hopes the case doesn't get to trial at all. "We hope that the charges against my client are eventually stayed."

The three men were charged after police seized terrorist literature, videos, manuals and dozens of electronic circuit boards allegedly designed to detonate homemade bombs.

Police said they had uncovered a plot that stretched from the suburbs of Ottawa to Iran, Afghanistan and Pakistan.

Sher is a doctor of pathology and a graduate of McGill University in Montreal. Ahmed was an X-ray technician at an Ottawa hospital. Alizadeh studied electrical engineering technology in Winnipeg.

THE CANADIAN PRESS

Man facing firearms charges after gun found in car

A Toronto man faces several firearms charges after police allege they found a man in a car with a loaded handgun.

Police said officers spotted a man who appeared to be asleep in a car behind a nightclub in the northwest part of the city early Monday.

When officers approached the car, police said they spotted a gun on the front console and that the man reached for the gun.

Police said officers seized a loaded .38-calibre handgun.

Frederick Garbrah, 29, is charged with several offences, including unauthorized possession of a firearm and possession of a firearm while prohibited.

THE CANADIAN PRESS

Downtown. Shoot

▶ Actor Noah Wyle of E.R. fame holds a gun as he gets prepped for a scene yesterday on St. Joseph Street.

JOHN R. KENNEDY/FOR METRO TORONTO

Maybe the Sky is Falling

Wyle is starring in the sci-fi series Falling Skies, a Steven Spielberg-produced TV series that is set to debut next year.

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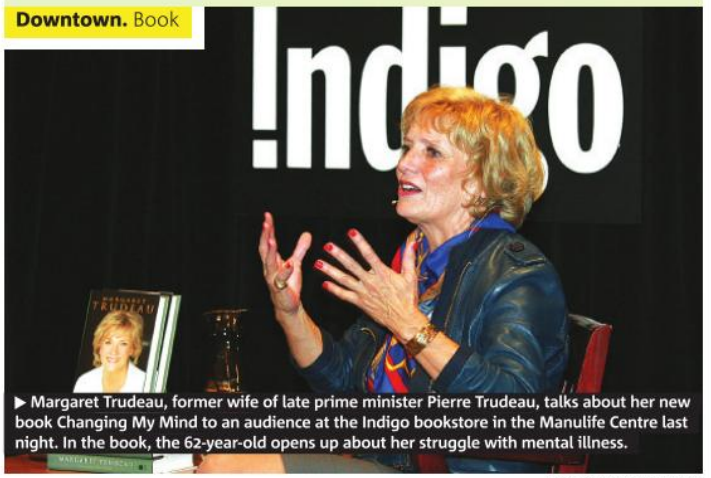
Downtown. Book



▶ Margaret Trudeau, former wife of late prime minister Pierre Trudeau, talks about her new book Changing My Mind to an audience at the Indigo bookstore in the Manulife Centre last night. In the book, the 62-year-old opens up about her struggle with mental illness.

JOHN R. KENNEDY/FOR METRO TORONTO

Margaret Trudeau opens up

Hint of federal transfer slowdown worries Duncan

Ontario Finance Minister Dwight Duncan is concerned about a signal from Ottawa that it may scale back the growth rate of federal transfers that help fund health care and education.

The minister said it would hurt provincial budgets if they were to receive any less from the federal government than they do now.

"I said at the time of my last budget last spring that's very worrisome. We're all struggling with deficits, we're all struggling with demands for health care and so on," he said.

Duncan was responding to an indication by federal Finance Minister Jim Flaherty that Ottawa may use inflation and economic growth — both of which are soft right now — as a guideline for future transfer payments.

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Dwight Duncan

Negotiations are already underway to put a new payment deal in place when the current system expires in three years.

Flaherty said in an economic update that despite a record $55.6-billion deficit last year, the federal government will still be able to balance the budget in about five years — in 2015-16.

The government's official budget projections include a hit of about $5 billion from a decision to limit hikes to employment insurance premiums. It also assumes social transfer payments to provinces will continue to grow at the current pace after the agreement runs out in 2014.

But when asked how Ottawa plans to proceed after the current arrangements expire, Flaherty's answer vaguely hinted toward closer ties to inflation and economic growth — the way equalization payments work.

THE CANADIAN PRESS

Transfer rates

- Transfers to fund education and social programs grow at a set rate of three per cent per year, while health care payments grow at six per cent.

Wearing of niqab to be decided on case-by-case basis

Constitutional right to express religious beliefs must be weighed against accused's right to face accuser: Court

A court ruling that sets a high threshold for demanding a woman remove her niqab while giving testimony was hailed as a victory yesterday by advocates on both sides of the thorny debate.

Witnesses who wear the face-covering veil must remove it on the stand, but only if wearing it truly jeopardizes the accused's right to a fair trial, the Ontario Court of Appeal ruled.

The decision effectively means women will only be forced to testify without the niqab in extreme cases, said Nathalie Des Rosiers, general counsel for Canadian Civil Liberties Association.

"It will require the defence to establish, on narrow grounds, how removing the niqab is indeed necessary to establish a particular point."
NATHALIE DES ROSIERS, CANADIAN CIVIL LIBERTIES ASSOCIATION

"The circumstances are likely to be rare," said Des Rosiers, whose organization was a respondent in the case.

The case centres around a woman identified only as N.S., who has accused her cousin and uncle of repeatedly sexually abusing her as a child.

At the preliminary inquiry the judge ordered N.S. to remove her veil to testify, but the ruling ended up in the Appeal Court.

The Muslim Canadian Congress, which argued that N.S. should testify without her veil, welcomed yesterday's decision, saying it "denies the automatic right of a woman to wear a face mask in court by invoking her right to religious freedom."

THE CANADIAN PRESS

Three charged in scaffolding collapse

The owner of a construction company and two others charged in a deadly scaffolding collapse in Toronto last Christmas Eve have each been released on $10,000 bail.

Four migrant workers who were repairing concrete balconies at an apartment building died when they plummeted 13 storeys to the ground when their swing stage scaffolding broke.

Joel Swartz, 51, owner of Metron Construction Corp., Vadim Kazenelson, 35, and Benny Saigh, 52, surrendered to police yesterday. THE CANADIAN PRESS

Head of landlord aid company convicted

The head of a Toronto company that offered legal support to landlords has been convicted of falsely presenting herself as a lawyer and providing legal services.

Jennifer Rose Smith, of the Landlord's Source Centre, was found guilty of 11 charges, including providing legal services when not authorized, representing herself as a lawyer and presenting herself as someone who could provide legal services.

She was ordered to pay $88,000 and given two years' probation.

TORSTAR NEWS SERVICE

Bawdy law appeal backed with conditions

The group that successfully fought to strike down key provisions of Canada's prostitution law says it will support a move to keep the law on the books until an appeal is heard — with conditions.

The lawyer behind the challenge has agreed to extend a stay of the Sept. 28 Ontario Superior Court decision to 60 days. And Alan Young says he's open to further extending the stay — which means the prostitution law stays in place — until February, but only if the Ontario Court of Appeal can hear the case by then. THE CANADIAN PRESS

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EDUCATOR CHARGED

Charges moved to Windsor

Sex-related charges against a former high school teacher and principal are being transferred to Windsor, Ont., from Toronto and Sudbury, Ont.

Six charges from Windsor, six from Sudbury and four from Toronto will all be dealt with in a Windsor courtroom.

Rev. William Hodgson Marshall taught at Windsor's Assumption Catholic High School in the mid-1950s and was a principal at Holy Names High School in the late 1980s.

In 1953, Marshall worked as a teacher at St. Michael's College in Toronto and taught at St. Charles College in Sudbury during the 1960s.

The 88-year-old Montreal-born priest has skin cancer and his lawyer Andrew Bradie says he is not doing well.

The case returns to court on Oct. 27.

THE CANADIAN PRESS

▶ Christopher Hitchens

▶ Tony Blair

Blair, author to talk life, the universe and everything

It's said politics and religion aren't polite topics for discussion, but former British prime minister Tony Blair will play the advocate for faith next month at a debate in Toronto.

Taking the opposing side will be journalist and author Christopher Hitchens, an atheist with cancer of the esophagus.

Organizers say the topic for debate on Nov. 26 is not whether God exists, but whether religion is a force for peace or conflict in the world.

Blair will argue for the benefits of religion at the sixth semi-annual Munk Debate at Roy Thomson Hall.

Hitchens is the author of a number of books, including God is not Great: How Religion Poisons Everything.

The outspoken Hitchens, whose cancer has spread, has ruled out the idea of a deathbed change of heart.

THE CANADIAN PRESS

Debate details can be found online at munkdebates.com.

New rules for Ont. energy providers

STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Energy minister Brad Duguid takes a tour of the Hydro One control centre in Barrie in this August 2010 photo.

▶ Both opposition parties had called for protection from some sellers' business practices ▶ NDP wanted ban on door-to-door sales

New rules for electricity retailers in Ontario will help "clean up the industry" and provide consumers with better information and protection, Energy Minister Brad Duguid said yesterday.

The government has been getting far too many complaints about unscrupulous energy retailers, so new rules kick in next year to make the industry more responsive to consumers' concerns, said Duguid.

"I'm frankly tired of receiving 100 to 150 calls a week to the Ontario Energy Board with complaints against the practices of energy retailers when it comes to sales," he said in an interview. "It's time to put an end to that, and as of Jan. 1, there will be rules in place that will ensure that that will no longer take place in Ontario."

Many complaints stemmed from the fact consumers believed the private retailer was affiliated with their local utility and thought the contract would guarantee prices lower than the utility charged.

Direct Energy, one of the largest energy retailers in the province, said all energy sellers must be as transparent and responsive as possible.

"We know that consumers want more from their energy providers. That's why we are committed to ensuring they are fully informed about their energy choices," said Tanis Kozak, Direct Energy's general manager for Canada.

Progressive Conservative critic John Yakabuski says the Liberals are unveiling the new rules now because of all the heat over rising power bills.

"They want to be seen as protecting consumers, because it's the consumer that has been taking it on the chin from these guys for the past several months," said Yakabuski.

THE CANADIAN PRESS

New rules

- Retailers will have to give price comparisons with rates charged by local utilities, which are set by the Ontario Energy Board and adjusted every six months. Some consumers choose to sign up with an energy retailer to get a fixed price rather than see their rates vary twice a year.
- There will be several opportunities for people to cancel long-term energy contracts without penalty, even after receiving their first bill.
- Penalties for broken contracts will be cut to $50 per year remaining for electricity, and $100 per year remaining for natural gas.

How will personalized medicine change health care?

Personalized medicine could revolutionize how patients are treated. You are invited to join us on Monday, October 18, 2010 to learn more, discuss the impact on health care and ask doctors and researchers how it could affect you.

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Bonds forged at San José mine to last lifetime

Relatives and friends of Chilean miners express their sadness at leaving Camp Hope behind
Father of rescued miner: 'We formed a nice big family with people we didn't even know'

ARTURO FIGUEROA
METRO WORLD NEWS

ALEKSANDER KORAB/METRO WORLD

▶ Claudia Lobos, daughter of trapped miner

There will be no more bonfires — no more guitars playing and voices ringing with songs of hope. There will be no more traditional "sopaipilla" pastries or mugs of coffee to ward off the cold of the Chilean night. And by day, there will be no one left to feel the scorching sun on their exposed skin in the northern Atacama desert.

The bonds and friendships that were born and that grew at the San José mine may last, or may not. As they prepare to leave Camp Hope, nostalgia begins to set in for the miners' relatives and friends who made this place their home, especially for those who have lived there for more than two months.

We see a lot of people exchanging cellphone numbers, with the idea of keeping in touch on their mind. The sunblinds and tents of this camp, those indispensable parts of the scene that changed from horror at first to happiness in the end, are beginning to vanish in front of us.

Juan Sánchez, the father of 19-year-old Jimmy Sánchez, the fifth trapped miner to be rescued, speaks with great sentiment, saying, "This may be our last time at the mine."

With a sense of nostalgia in his voice, Sánchez goes on: "We have formed a nice big family with people we didn't even know. We supported one another; we gave strength to each other. We are going to miss each other."

For Claudia Lobos, retaining the bonds of friendship forged here is of paramount importance. "We will be keeping in touch," she says.

Claudia, the daughter of trapped miner and ex-professional soccer player Franklin Lobos, remained in Camp Hope for the first 17 days, when no news of the miners' well-being had yet reached the surface. Since then, the 20-year-old has been dividing her time between visits to the camp and her college studies, which her father insisted she continue.

"We've built strong relationships and we'll miss each other, but we'll continue seeing each other when we've re-established our normal lives," she said.

Scan code for the complete story of the rescue.

Dark shades. Bright future

▶ Rescued miner Carlos Barrios, 24, arrives yesterday at the hospital in Copiapo, Chile. Barrios was the 13th of 33 miners to be rescued from the San José mine.

DARIO LOPEZ-MILLS/THE ASSOCIATED PRESS

Precaution makes miners look cool

The sometimes tear-filled eyes of rescued miners in Chile are being shielded by Oakley sunglasses designed to minimize heavy glare. The biggest eye concern for the miners as they reach the surface includes possible light damage to the retina, said Dr. Andrew Hartwick, assistant professor at the College of Optometry at Ohio State University.

The magic of the number 33

The number 33 has now been etched in the lives of the Chilean miners. The famous number seems to be cropping up with every news report from Chile since the accident.

Minutes after the first of 33 miners reached the surface, euphoric Chilean President Sebastián Piñera noted the "magic number 33." It was a reference to how it took 33 days to dig the shaft to rescue the 33 miners trapped in the San José mine and how they reached the surface Oct. 13, 2010 — a date, which when expressed as 13-10-10, also happens to add up to 33.

For those camped by the mine's site, "the magic 33 from Atacama" has appeared as a wondrous omen, a sign whose reoccurrences have generated all sorts of explanations wrapped in superstition.

The miracle of their survival was confirmed when news that the miners were alive reached the world Aug. 22. It came in the form of a note saying: "All 33 of us are fine in the shelter." The miraculous "33" continued: The prophetic number "33" became truly revealing when it was realized that Aug. 22, the day the world learned of the miners' safety, was, in fact, a day in Week 33 of the year's calendar. METRO

Numerology

▶ According to numerology, people associated with the number "33" are endowed with the following qualities: Leadership; inspiration; and revelation.

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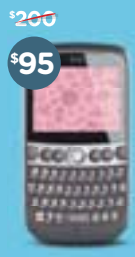

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Iranian leader shows support for Hezbollah

Vows U.S. power in Middle East will end ◆ Visit underscores deep divisions within tiny Arab nation

Welcomed by thousands of Shiite supporters throwing rose petals, Iranian President Mahmoud Ahmadinejad sought to pull Lebanon firmly into his country's fold yesterday in a visit that underscored the growing power of Tehran and its Lebanese ally, Hezbollah.

Ahmadinejad's first state visit is a bold demonstration by Shiite-dominated Iran that it is undeterred by U.S. attempts to isolate it and roll back the clout Tehran has built up around the Middle East through its alliances with militant groups like Hezbollah and its accelerating nuclear program.

The first visit by an Iranian president in seven years, it also underlines the eroding position of the West's allies in the deeply divided country. A fragile government that combines a Western-backed coalition with Hezbollah and its allies is in power, but many fear it could soon collapse because of their rivalries.

THE ASSOCIATED PRESS
▶ Mahmoud Ahmadinejad

While he was greeted with joy by many Shiites, Ahmadinejad's dramatic arrival only exacerbated fears among many Lebanese — particularly Sunnis and Christians — that Iran and Hezbollah are seeking to impose their will on the country and possibly pull Lebanon into a conflict with Israel.

The U.S. and Israel expressed concern over the visit, saying support for Hezbollah militants undermines Lebanese sovereignty. THE ASSOCIATED PRESS

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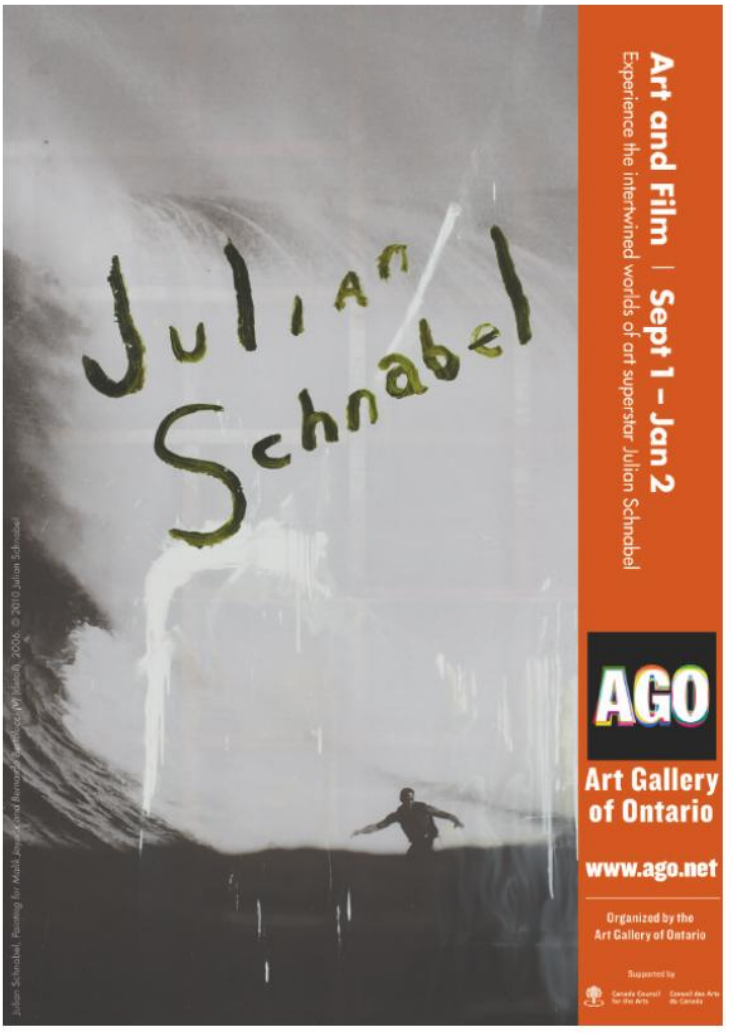

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Trouble for Paradis over flip-flop

But minister says discussion with construction company bigwig didn't involve talk of government contracts

Conservative cabinet minister Christian Paradis now acknowledges that he discussed government business with a big construction contractor at a Tory fundraiser — after initially denying anything of the sort.

Paradis has been under fire over the fundraiser he attended with several Quebec construction bosses.

Opposition parties have demanded his resignation as Natural Resources minister, raising the prospect that the Tories took kickbacks in return for handing out government contracts.

THE CANADIAN PRESS

The story

- Paradis insisted last week he didn't discuss any government business at the fundraiser in 2009.
- But a spokesman said yesterday the minister now recalls listening to a businessman lay out his gripes with the federal contracting process at the event.
- The fundraiser's organizer claimed that he heard Paradis talking about government contracts with the owner of a construction company that has received $650 million in government contracts, though Paradis's spokesman denied any connection.

U.S. Midterm elections

▶ Heather Smith, president of Rock The Vote.

HARAZ N. GHANBARI/THE ASSOCIATED PRESS

Is Obamamania over?

An Associated Press-mtvU poll found college students cooling in their support for President Barack Obama — 44 per cent approve of the job he's doing, down from 60 per cent in May 2009 — a troubling sign for Democrats trying to rekindle enthusiasm ahead of midterm elections in three weeks.

Would you like a headlock with that?

A man is facing charges after several people were assaulted at a McDonald's in southwestern Ontario.

Provincial police say four employees and two customers were assaulted Tuesday night at the fast-food restaurant in Essex.

The alleged victims told police the accused had punched them several times and had put three of them in a headlock.

Police say an officer was assaulted as a suspect was arrested nearby.

Charges

A 19-year-old man from Amherstburg, Ont., is due in court Nov. 4 to face six counts of assault, one count of assaulting a police officer and escaping lawful custody.

The man was taken to hospital and admitted for mental health care.

THE CANADIAN PRESS

Man, 78, charged in multi-car mash-up

Hamilton police have charged a 78-year-old man after a driver hit several vehicles and a bus shelter.

Police allege that after a vehicle hit a van Monday afternoon, the driver sped backwards for about 100 metres.

Along the way, police say the vehicle hit an SUV, a limo and a bus shelter. Two people were forced to jump from the shelter to avoid being injured.

Police say the driver, two female passengers in his car and the driver of the limo went to hospital with minor injuries. The man has been charged with careless driving.

THE CANADIAN PRESS

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BELA SZANDELSZKY/THE ASSOCIATED PRESS

▶ A police officer wearing a protective mask guards a street covered by toxic red sludge yesterday in Devecser, Hungary.

Sludge spill boss walks free from custody

Judge in Hungary throws out prosecution's case
Decision sure to spark protests in devastated towns

A judge yesterday dismissed prosecution demands that the head of a metals company linked to Hungary's devastating red sludge spill be charged with negligence.

Company director Zoltan Bakonyi was released from police custody, his lawyer said.

The decision was sure to embitter hundreds of villagers who blame the management of MAL Rt. for the deaths of nine people, the hundreds of homes left uninhabitable and the poisoning of local waterways.

The judge ruled in Bakonyi's favour after finding prosecutors couldn't substantiate their argument that he did not sufficiently prepare emergency warning and rescue plans, said his lawyer Janos Banati.

Prosecutors were preparing an appeal, Banati said.

Bakonyi is the managing director of MAL Rt., or the Hungarian Aluminum Production and Trade Company, which owned the reservoir, part of the Ajkai Timfoldgyar plant in Ajka, 160 kilometres southwest of Budapest.

An 18-member committee has now been named to supervise MAL Rt. and make practically all decisions for the company.

THE ASSOCIATED PRESS

Disaster strikes

- **The spill:** About 184 million gallons of caustic sludge and water burst from a storage pool of a metals plant Oct. 4, inundating three western Hungarian towns and spilling into the Danube.
- **The victims:** The death toll rose to nine yesterday after an elderly man died overnight, officials said. More than 100 people were hurt by the caustic slurry and about 50 of them are still in hospital.

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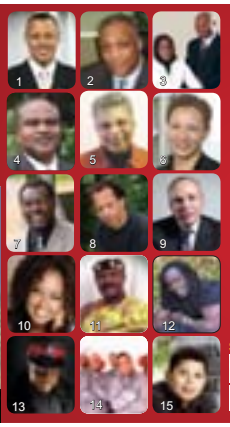

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Canada on alert for sex offender

Police issue nationwide warrant for ex-hockey coach Graham James
2007 pardon sparked outcry Ex-NHL star Fleury makes new claims

Winnipeg police have issued a Canada-wide warrant for convicted sex offender and former junior hockey coach Graham James.

They say there has been an investigation into "complaints of historic sexual assaults" but no other information will be released.

James was sentenced to three and a half years in prison in 1997 after he pleaded guilty to hundreds of sexual assaults involving two teenage hockey players.

A tell-all autobiography published last year by former NHL star Theoren Fleury contained new allegations against James, who coached Fleury and fellow NHLer Sheldon Kennedy as young teens.

THE CANADIAN PRESS

▶ Graham James, shown in a file photo with players from the Swift Current Broncos, has been banned for life from coaching.

It was Kennedy and an unnamed individual who went to police in 1996.

James, now 58, was granted a pardon in 2007, has coached internationally and is believed to be living in Mexico.

Kennedy said in an interview: "To me, abuse kills. You can't take what Graham did lightly."

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

▶ Theoren Fleury

EX-NHL STAR SPEAKS OUT

YOU ARE NOT ALONE, FLEURY TELLS VICTIMS

Theoren Fleury says finding ways to help victims of sexual assault is bringing a new purpose to his life. The former NHL star praises Winnipeg police for being sympathetic and working to ensure that evidence against Graham James, his former junior hockey coach, "sticks."

In a tell-all autobiography published last year, Fleury alleges James began molesting him when he was 14. Fleury said he went public to spread a message of hope, strength and redemption.

He added that during his book tour, many men leaned over to him during signings and whispered, "Me, too."

Fleury has expressed concern for others who filed complaints.

"I just hope the other guys who stepped up will be surrounded with love and support from their friends and family like I was," he said.

"I want them to know they are not alone."

THE CANADIAN PRESS

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TAKING CHARGE

More and more women self-managing investment portfolios

More and more female investors are choosing to manage either all or a portion of their investments.

"We know today that women are very well educated, have good careers and they're solid income earners," says Karen Chung, manager of RBC Direct Investing Centres.

According to numbers from Statistics Canada, Canadian women in 2008 earned an estimated $277 billion.

Statistics from RBC Direct Investing have found that one out of every three of its clients is female, the average woman starts investing for retirement at the age of 31 and women 45 and over are most likely to have an online investing account.

The changes in women's lives is an important influence on how they invest, says Chung.

"Women's investment needs and their risk profile can be affected by major life changes or major life events, things such as marriage or divorce or the birth of a child or the death of a spouse," she says. "What we tend to see is women set clear goals either in anticipation or in response to those major life events."

Women also tend to be longer term investors and longer term thinkers, says Chung.

They also appreciate what RBC Direct Investing offers to its clients. In a recent RBC Direct Investing poll of Canadian online investors women agreed that online investing is very convenient (95%), it saves money on fees and commissions (87%) and it saves time (89%).

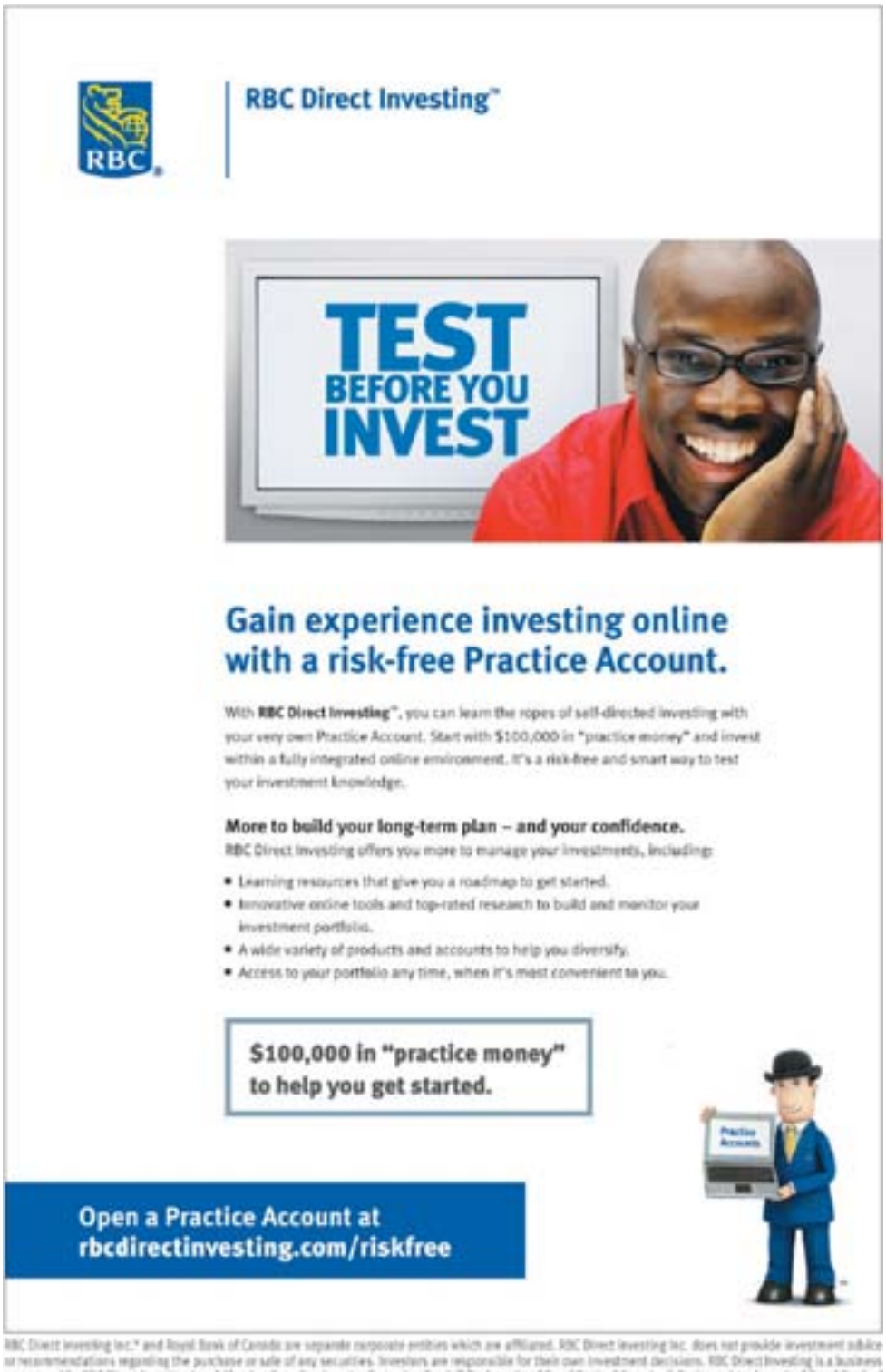
To help its clients, RBC Direct Investing has numerous tools to educate potential investors, such as the Six Key Steps to Investing. This guide educates clients about goal setting, investor profile and asset mix, understanding investment choices, building a portfolio, taking action and monitoring investments.

"It's important to understand the basics before anything else," says Chung.

Recently, RBC Direct Investing also introduced three additional tools - Manage My Goals, Analyze and Rebalance, and the Performance page - to help people build, manage and monitor their portfolios.

But for people who aren't quite ready to make the leap into investing, RBC Direct Investing has a practice account option where people can work with $100,000 of practice money to gain experience before putting real money on the line.

To find out more about RBC Direct Investing, visit rbcdirectinvesting.com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BY THE NUMBERS

27 *– per cent of the world's wealth women control.*

8 *– annual expected growth (in per cent) of wealth women control from year-end 2009 to 2014.*

1.2 billion *– number of women in the global workforce in 2008. This marked a doubling of the number since 1980.*

42 *– per cent of women who derived their wealth from their own salaries and benefits.*

Source for all numbers: Boston Consulting Group report from July 2010 titled Leveling the Playing Field.

Canada to set up shop in Pakistan?

- Pakistani government considering whether to let Canada use military bases during Afghan pullout next year
- Request apparently came before Canadian military was evicted from its Dubai logistics base last week

The government of Pakistan is entertaining a Canadian request to use its military bases during next year's scheduled withdrawal from Afghanistan.

Canada made the request several months ago, prior to its sudden eviction from its principal logistics base in the United Arab Emirates.

"They want to use our military infrastructure to remove their troops and supplies from Afghanistan," said a source in Pakistan's Foreign Ministry, who requested anonymity because he was not authorized to speak about the issue.

The source said the decision will be taken in conjunction with the country's military leadership, but could not provide a timeline for when it would be made. Mian Gul Akbar Zab, the Pakistani high commissioner in Ottawa, said yesterday that talks have been ongoing to use ports in Karachi to ship out thousands of containers of non-sensitive material. An agreement was to be reached when the details are hammered out, he added. "I don't see a hitch there," Zab said. "Nothing has been finalized as of yet." THE CANADIAN PRESS

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UN extends approval on ISAF force

68 Members on a council set up by Afghan President Hamid Karzai to guide informal talks with the Taliban.

The Security Council voted unanimously yesterday to extend UN authorization for the NATO-led force in Afghanistan for a year, expressing "strong concern" at the increase in terrorist activities by the Taliban, al-Qaida and other armed groups.

A resolution adopted by the UN's most powerful body stressed the need for sustained efforts by the 143,000-strong International Security Assistance Force, known as ISAF, to assist the Afghan government in improving security and addressing extremist threats.

The council recognized the international commitment to support the phased transfer of security responsibility to the Afghan government and stressed the importance of training the Afghan army and national police.

It said this would "accelerate progress towards the goal of self-sufficient, accountable and ethnically balanced Afghan security forces providing security and ensuring the rule of law throughout the country." THE ASSOCIATED PRESS

Eurozone. Crisis

▶ In this September file photo, European Council President Herman Van Rompuy speaks during a media conference after an EU summit in Brussels.

VIRGINIA MAYO/THE ASSOCIATED PRESS

EU close to agreement

After months of agonizing, leaders of the European Union are closing in on new oversight rules to ensure sound finances, prevent another government debt crisis and restore the credibility of the euro. But governments are starting to push back against the European Commission's efforts to have more say about their economies.

Boy watches gator eat pet

A horrified eight-year-old boy watched as his pet turtle was eaten by an alligator at a Florida aquarium.

Colton Guthrie had donated his red-eared slider, Tomalina, to the Gulfarium in Fort Walton Beach when the turtle outgrew her home aquarium. Colton's mother said the family saw workers place Tomalina in an exhibit last week with other turtles and an alligator. Although the alligator had long ignored the other turtles, Brenda Guthrie said it ate Tomalina as Colton shouted, "Oh no, alligator, let it go!"

The Gulfarium has apologized to the Guthries and gave them a special meet-and-greet with the dolphins. THE ASSOCIATED PRESS

PotashCorp vows to move execs

TROY FLEECE/THE CANADIAN PRESS

▶ Saskatchewan Premier Brad Wall says his support of a takeover bid hinges on any benefit to jobs in the province, the province's revenue stream, and Saskatchewan's overall economic position.

Saskatchewan company says it will continue to run its nitrogen and phosphate businesses out of Chicago

In a move that Premier Brad Wall says "makes a lot of sense," PotashCorp is promising to relocate its top executives to Saskatchewan, countering a similar promise by BHP Billiton in an increasingly bitter takeover battle.

Potash Corp. of Saskatchewan, which is the target of a $38.6-billion US hostile takeover bid by BHP, promised yesterday it will relocate its CEO, chief financial officer, president and other top executives to the province from Chicago.

"Just as we are renewing our mining operations, we are renewing our commitment to the province of Saskatchewan and all stakeholders," CEO Bill Doyle said in a release.

Wall called the promise "encouraging."

200

PotashCorp is currently based in Saskatoon and employs about 200 people at its head office there, but the company's top executives live and work in Chicago.

"All of the senior officers should be in the province of Saskatchewan if it's a head office. I think that makes a lot of sense," he said yesterday.

A recent report by the Conference Board of Canada pointed out that the company's stock is majority-owned by non-Canadians and Saskatchewan shareholders constitute "a relatively small fraction of total ownership."

While the board of directors is mostly Canadian, most of PotashCorp's senior managers are American. THE CANADIAN PRESS

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Kosovars give Hillary Clinton warm welcome

U.S. wants sides 'to come to the table with a plan'

MANDEL NGAN/THE ASSOCIATED PRESS

▶ U.S. Secretary of State Hillary Rodham Clinton poses yesterday in front of a statue of her husband, former U.S. president Bill Clinton, in Pristina, Kosovo.

U.S. Secretary of State Hillary Rodham Clinton got a warm welcome from large pro-American crowds in the capital of Kosovo yesterday as she closed out a three-nation tour of the restive, ethnically splintered Balkans.

She arrived from Serbia, which refuses to recognize the independence of its former province that seceded in 2008 after years of communal strife. Clinton is pressing leaders in both countries to set aside their differences and promote tolerance between Kosovo's minority Serbs and the ethnic Albanian majority.

Thousands of people, many waving U.S. flags, lined Clinton's motorcade route from Pristina's airport to the city centre that included a long stretch on Bill Clinton Boulevard.

THE ASSOCIATED PRESS

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U.S. Hispanics outlive whites, blacks: Report

An estimated 40% of the Hispanic population are people born in other countries who immigrated to U.S.

U.S. Hispanics outlive whites by more than two years and blacks by more than seven, according to the government's first calculation of Hispanic life expectancy.

The startling report released yesterday is the strongest evidence yet of the "Hispanic paradox" — long life expectancy for a population that has a large share of poor, undereducated members. A leading theory is that Hispanics who manage to immigrate to the U.S. are among the healthiest from their countries.

A Hispanic born in 2006 could expect to live about 80 years and seven months, the government estimates. Life expectancy for a white is about 78, and for a black, just shy of 73 years.

Until recently, federal researchers didn't calculate life expectancy for Hispanics as a separate group; they were included among the black and white populations. The report is based on death certificates.

THE ASSOCIATED PRESS

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On alert

- **Vigilance.** France and Britain are among many European countries that have stepped up terrorism alert vigilance recently.
- **Threats.** French authorities have recorded nine bomb alerts in the capital last month — a threefold increase from last year.
- **Hype.** Germany, meanwhile, has said it remains watchful but there is no reason to be alarmist.

U.S. envoy defends warnings

U.S. special envoy for Afghanistan and Pakistan Richard Holbrooke says the Sept. 11, 2001 attacks "wouldn't have happened" if Americans had been warned to be on the lookout for terrorism beforehand.

Holbrooke was defending a U.S. warning to American travellers to be vigilant about the terror threat in Europe, which some critics have called too alarmist.

He says "a series of indications" merited the new warning, but "nobody said, 'Cancel your travel plans.'"

If a similar warning had been made before 9-11, Holbrooke said the attacks "wouldn't have happened because you would have had more people paying attention." THE ASSOCIATED PRESS

Vatican eyes exodus of Christians

Bishops blame Middle East conflict for dwindling numbers in region

ALESSANDRO FUCARINI/THE ASSOCIATED PRESS

▶ Pope Benedict XVI

Bishops summoned to the Vatican to discuss the flight of Christians from the Middle East have blamed the Israeli-Palestinian conflict for spurring much of the exodus and warned that the consequences could be devastating for the birthplace of Christianity.

Some bishops have singled out the emergence of fanatical Islam for the flight. But others have directly or indirectly accused Israel of discriminating against Arab Christians and impeding solutions to the Israeli-Palestinian conflict.

The working document of the two-week synod accused the Israeli "occupation" of Palestinian territories for creating difficulties in everyday life for Palestinian Christians, including their religious life, since their access to holy sites is dependent on Israeli military permission.

Pope Benedict XVI called the two-week synod, which continued yesterday, to try to encourage Christians in the largely Muslim region, where the Catholic Church has long been a minority and is shrinking as a result of war, conflict and economic problems.

Some 185 bishops are taking part in the synod from Latin and Eastern rite Catholic churches across the region and from the diaspora. In addition, two Muslim imams and a rabbi will address the synod.

Rabbi David Rosen, head of interreligious affairs for the American Jewish Committee, said he expected some degree of blame would be voiced against Israel during the synod. But he thought the Vatican had done a responsible job in containing it. THE ASSOCIATED PRESS

Exodus

- **Iraq.** Catholics represented 2.89 per cent of the population in 1980; by 2008 they made up 0.89 per cent.
- **Israel.** Catholics made up 3.8 per cent of the population in 1980; by 2008 they were 1.82 per cent.

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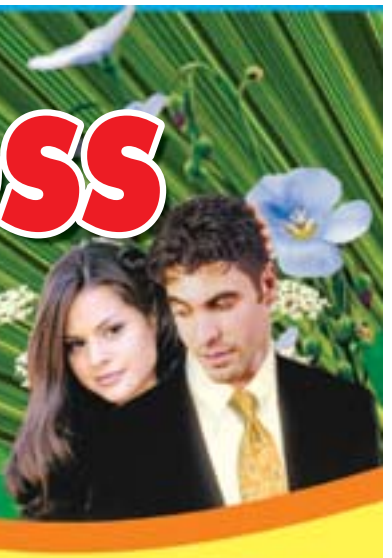

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BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)*** It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology.

If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

www.biofen.com

Available at Health Food and Supplement Stores

NG HAN GUAN/THE ASSOCIATED PRESS

▶ A plainclothes security officer gestures to a photographer taking photos near the residential compound where Liu Xia, the wife of this year's Nobel Peace Prize winner, Liu Xiaobo, is being held under house arrest in Beijing.

Peace Prize pushback

Norwegian Embassy staff who tried to go to Liu Xia's Beijing apartment were 'stopped by officials': Norwegian Foreign Ministry spokeswoman

A diplomatic rift between Norway and China deepened yesterday as Oslo asked Beijing to lift restrictions imposed on the wife of Nobel Peace Prize winner Liu Xiaobo and China cancelled a string of meetings with Norwegian officials.

Liu Xia has been placed under virtual house arrest since the award to her husband — a jailed Chinese dissident — was announced last Friday.

The U.S. has also expressed concerns about Liu Xia's situation.

Liu Xiaobo, a 54-year-old literary critic, is now in the second year of an 11-year prison term after being convicted of inciting subversion over his role in writing an influential 2008 manifesto for political reform. THE ASSOCIATED PRESS

†Odds of winning are approximately 1 in 5. All inquiries, if any, on the "odds of winning" are to be made to the licensee prior to the purchase of ticket(s). Only 230,000 tickets will be sold. Tickets are $100 each or 3 for $250. Ticket purchasers must be a minimum of 18 years of age. Tickets must be purchased in Ontario. The total value of all prizes is $9,364,295.14, inclusive of all taxes and freight. For a complete listing of the prize pool, the rules and regulations and the draw details, see our full brochure or visit our website at lottery.cancer.ca. Lottery Licence Number 3107.

Tykes to dole out speeding tickets

Sixth graders will be operating the radar gun and speeders will get tickets made by kindergarten students near a Woodstock, Ont., school tomorrow.

Woodstock police say the school radar program is part of an initiative to get the message out for motorists to "slow down."

Kindergarten classes have been busy preparing and colouring their own "warning tickets," complete with personalized messages to speeding motorists.

The Grade 6 classes receive an information session in class on speed-measuring radar and the operation of the radar unit.

Students and teachers will join police in operating the radar unit and identifying speeders at St. Michael's School.

Police officers will stop the vehicles and along with the students hand out the speeding tickets made by the kindergarten students. Motorists stopped during this program will pay no fine and lose no demerit points. THE CANADIAN PRESS

"The students have a blast and the officers really enjoy their time teaching and working with the students."
WOODSTOCK POLICE DEPUTY CHIEF DARYL LONGWORTH

City. Colour

▶ A jogger makes her way along Wellington Street in Ottawa yesterday as a tree shows its fall colours.

SEAN KILPATRICK/THE CANADIAN PRESS

Feeling a lot like fall

Gates finds abrupt end alarming

Advocates urge gay soldiers to avoid revealing sexuality for now

The White House weighed a quick appeal of a judge's order abruptly allowing gays to serve openly in the military as Pentagon chief Robert Gates warned yesterday of "enormous consequences" for men and women in uniform if the ruling stands.

A day after the federal judge in California ordered the Pentagon to cease enforcement of the "don't ask, don't tell" law, Gates told reporters that repealing the law should be a question for Congress — and only after the Pentagon studies the issue.

"If that law is changed, they'll (soldiers) abide by the law," but "that's probably the farthest thing from their mind."
MAJ. GEN. JOHN CAMPBELL, COMMANDER OF THE 101ST AIRBORNE DIVISION IN EASTERN AFGHANISTAN

The Justice Department is considering whether to appeal the ruling, and its first response may well be to seek a stay, or temporary freeze. If the judge turns down the request, the Justice Department probably would turn to the federal appeals court.

If the government does appeal, that would put the Obama administration in the position of continuing to defend a law it opposes.

THE ASSOCIATED PRESS

LUONG THAI LINH, POOL/THE ASSOCIATED PRESS

▶ Robert Gates

Germany. Teachers

▶ A female Islamic teacher listens in a classroom during her first day of advanced training at the university in Osnabrueck, western Germany, Monday.

MARTIN MEISSNER/THE ASSOCIATED PRESS

Germany training imams

A pilot program at Germany's University of Osnabrueck started this week to train imams not only in the German language but also to steer them to preach about Islam in a way consistent with Germany's democratic values and religious tolerance.

Serbia to crack down on far-right groups

150 **More than 150 people were hurt Sunday in downtown Belgrade in running battles with police as thousands of far-right demonstrators tried to disrupt a gay pride march by hurling firebombs and stun grenades.**

Serbia's interior minister said yesterday the government will crack down on rising far-right groups trying to destabilize the Balkan country's pro-Western government.

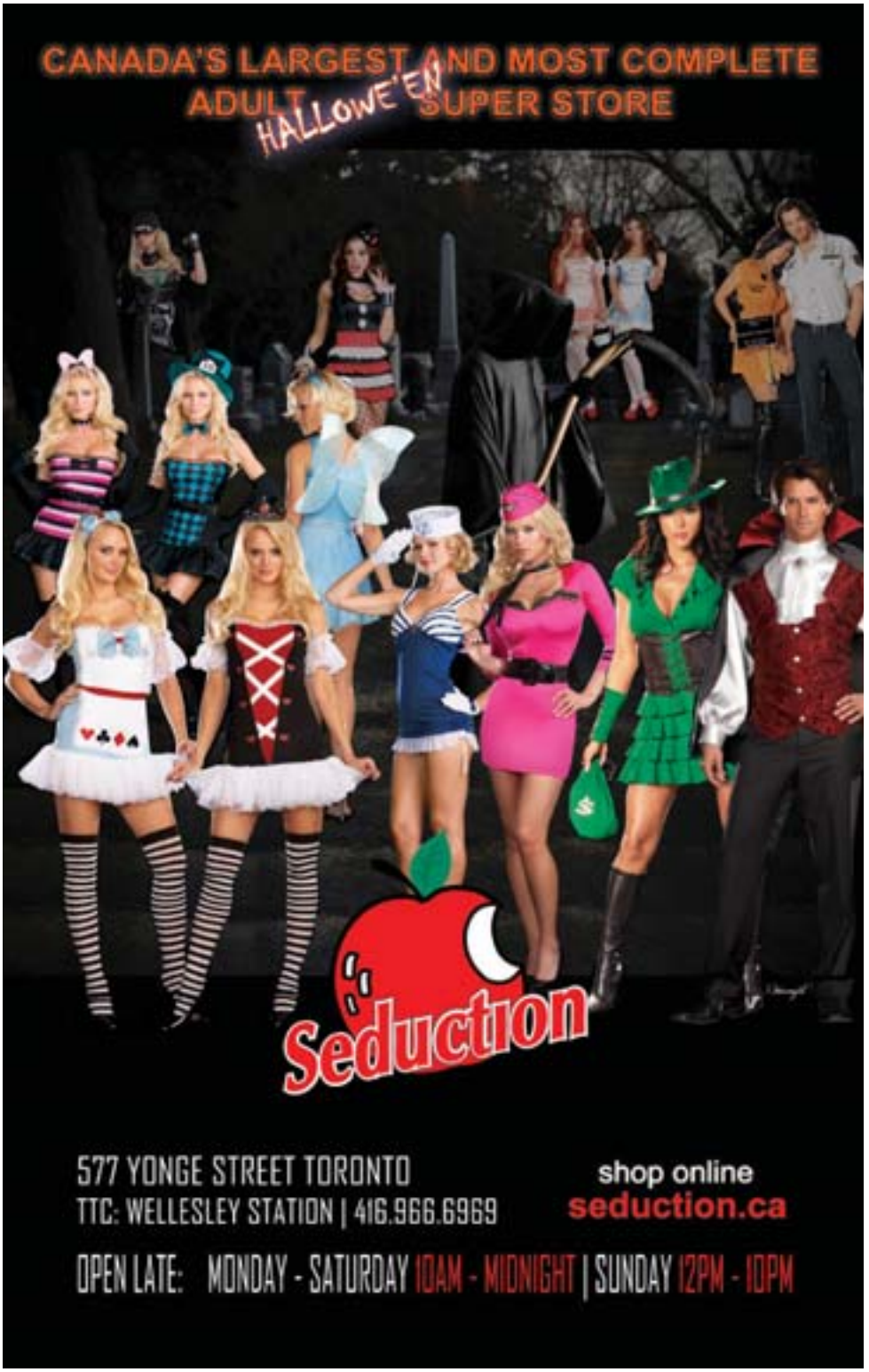
Interior Minister Ivica Dacic told The Associated Press that anti-gay rioters and the fans who disrupted a soccer match against Italy belong to the same extremist groups.

Nearly 250 people were arrested after riots in downtown Belgrade during a gay pride march, and 66 have been ordered to remain in custody for 30 days as a pretrial detention measure.

The rise of extremism in Serbia is attributed to the economic crisis and a lack of jobs in the wake of the Balkan wars in the 1990s.

Yesterday, a far-right group demanded that those arrested after the weekend rioting be released, and warned of a "bloodbath" if the government fails to comply.

THE ASSOCIATED PRESS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Market moment

CHANGES AS OF 4 P.M. YESTERDAY

TSX	Dollar
+ 97.67 (12,673.31)	+ 0.57¢ (99.52¢ US)

Oil	Natural gas
+ $1.34 US ($83.01 US)	1,000 cu ft $3.696 (+ 6.7¢) Gold contracts $1,369.50 (+ $23.80)

PAUL CHIASSON/THE CANADIAN PRESS

▶ Analysts say any combination of a strong economic indicator for Canada or weak signal from the U.S. could take the loonie to parity with the U.S. dollar and beyond.

Loonie again knocking on parity's door

One analyst sees loonie rising to $1.15 US in the next year ◐ Three years ago loonie flew to $1.10 US

The Canadian dollar moved close to parity with the U.S. dollar yesterday, closing up 0.57 of a cent at 99.52 cents US after going as high as 99.89 cents.

Since last reaching parity in April, the loonie has approached the psychological barrier several times, only to fall back each time.

But Scotiabank currency analyst Camilla Sutton said this time may be different, given that the U.S. dollar continues to face pressure and has been falling against most of the world's currencies as the American economy remains sluggish.

The most recent appreciation follows release of minutes from U.S. Federal Reserve officials that suggest the American central bank, which already has a zero interest policy rate, to further ease conditions.

The loonie is also propped up by strong commodity prices.

Since June 7, the recent high for the U.S. dollar, the Australian dollar is up about 23 per cent, the euro 17 per cent, and the Japanese yen 12.

In comparison, Canada has gained a mere six per cent, analysts note.

THE CANADIAN PRESS

"The Canadian dollar is one of the worst performing currencies in the world, except for the U.S."

DAVID WATT, CURRENCY STRATEGIST WITH RBC

"After attending the Laurier information session, the program definitely stood out. The weekend format, the integrated core and the global perspective. Everything I wanted in a quality MBA program."
Amanda Holmes, Laurier MBA
Manager, Fairmont Hotels & Resorts

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Saturday, Oct 16 | 11 a.m.
Delta Toronto East
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Power play. Natural gas

▶ A driller works on a well from the cab of a flex rig at natural gas producer Williams in Rulison, Colo.

DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

Cheap not boon for all

Natural gas is abundant and cheap these days. But it has upset growth plans of companies that produce power from wind, nuclear energy and coal.

SPIT ON YOUR GRAVE
"If you can handle it, see it"
CINETEL FILMS PRESENTS IN ASSOCIATION WITH ANCHOR BAY FILMS AND MEIR ZARCHI
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TRACEY WALTER AND ANDREW HOWARD MUSIC BY COREY ALLEN JACKSON
EDITED BY DANIEL DUNCAN CINEMATOGRAPHER NEIL LISK EXECUTIVE PRODUCERS MEIR ZARCHI ALAN OSTROFF JEFF KLEIN GARY NEEDLE
SCREENPLAY BY STUART MORSE BASED ON MEIR ZARCHI'S MOTION PICTURE DAY OF THE WOMAN
PRODUCED BY LISA HANSEN PAUL HERTZBERG DIRECTED BY STEVEN R. MONROE
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New securities minder named

Wetston has been chairman of Ontario Energy Board since 2003 Was OSC vice-chairman from 1999-2003

The Ontario Securities Commission has appointed a new leader who will oversee investment activity in the province, as well as guide the body's integration into a national securities regulator.

Howard Wetston, a former judge who has held various provincial and federal regulatory positions, will replace David Wilson, whose five-year term as chairman of Canada's largest provincial securities regulator ends Oct. 31.

Outgoing CEO David Wilson said Wetston will be a worthy successor because of his experience with the OSC when he served as its vice-chairman from 1999 to 2003.

The OSC plays a key role in overseeing the country's largest stock exchange and enforcing the province's securities act.

THE CANADIAN PRESS

Europe. Channel Tunnel

▶ A German ICE high speed train enters the Channel tunnel that links France to Britain as part of a test yesterday in Coquelles, France.

STRINGER/THE ASSOCIATED PRESS

Rival Eurotunnel service surfaces

Deutsche Bahn yesterday launched test runs by a Siemens-built train through the under-sea Channel Tunnel that the German rail operator wants to use in a direct service between London and Germany, threatening the Eurostar monopoly. Eurostar said last week it will buy 10 new trains from German manufacturer Siemens in a $1.1-billion US program to upgrade and expand its fleet.

New home prices rise in Ontario

The New Housing Price Index increased 0.1 per cent in August after a 0.1 per cent decrease in July.

Statistics Canada said the top contributors were Toronto, Hamilton and Oshawa, along with Montreal. Prices increased the most in Hamilton (up 0.9 per cent), followed by Windsor and Winnipeg (both up 0.4).

StatsCan attributed Hamilton's increase in part to builders moving to new areas with higher land development fees, while Winnipeg prices rose due to higher lumber and steel costs, and in Windsor builders reported higher operating costs.

Saint John, Fredericton, Moncton, N.B., Ottawa-Gatineau, Calgary, Greater Sudbury, and Thunder Bay recorded decreases of 0.1 per cent.

THE CANADIAN PRESS

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Apple's shares hit $300 for first time

Apple's shares topped $300 US for the first time in its history yesterday as stellar iPad sales and a planned expansion into China give investors all the assurance they need for the iPhone maker's already healthy prospects.

The rise gives Apple a market capitalization of about $273 billion. Apple had long surpassed the scale of tech heavyweights such as Microsoft Corp., Google Inc. and IBM, which also hit an all-time high yesterday.

In fact, Apple's market cap now trails only Exxon Mobil Corp. as a U.S. publicly traded company. Exxon's market cap hovers around $330 billion. Big-name corporations such as Wal-Mart Stores Inc. and General Electric Co. don't even come close. Apple has been on a tear lately, with sales of the iPad tablet surpassing expectations. Investors also have high hopes for Apple's push into China, where the iPhone maker is looking to open 25 retail stores.

THE ASSOCIATED PRESS

New Mac OS?

Apple, known for its secrecy about upcoming products, is inviting media to a Macintosh computer-related event Oct. 20.

- **The invitation** shows Apple's logo opening to reveal a lion — a clue Apple plans to introduce a new version of Mac OS X.
- **Mac operating system updates** are named after large cats — Snow Leopard, Leopard, Tiger and Panther.

Hong Kong. Properties

▶ A woman walks down a stairway against a backdrop of apartment buildings yesterday in Hong Kong.

KIN CHEUNG/THE ASSOCIATED PRESS

Bridging the rich-poor gap

Hong Kong chief executive Donald Tsang said he will tackle the city's rich-poor gap, one of the worst in the developed world, and expensive property prices. This wealthy city of seven million is home to some of the priciest real estate in the world.

Aeroplan looks abroad to reach more consumers

Groupe Aeroplan Inc. is looking for more international growth to expand its loyalty reward program and reach more consumers with specific offers based on their shopping patterns.

The Montreal-based company has acquired loyalty reward programs with partners such as grocery and home improvement stores in the United Kingdom, Italy, the Middle East, as well as Canada.

"We believe there are another dozen markets around the world to take the coalition play," Duchesne said yesterday at a conference on airline profitability.

Germany, France, Spain and Japan are among countries where Groupe Aeroplan may expand, he said after a speech.

Emerging markets India and Brazil are also possibilities, Duchesne added.

Aeroplan's biggest competitor is U.S.-based Alliance Data Systems Corp., which owns the Air Miles reward program in Canada.

Aeroplan, spun off from Air Canada a few years ago, runs the Aeroplan points program for Air Canada and also runs loyalty reward programs for Imperial Oil and other businesses.

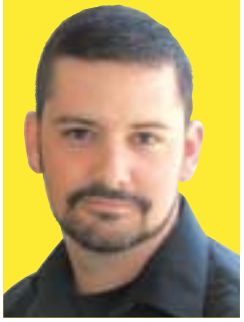
Imperial is Canada's largest gasoline refiner and operates the Esso gasoline station business, which has more than 2,700 stations from coast to coast.

THE CANADIAN PRESS

BEARING DOWN WITH THE BRUINS

He says ...

JOHN MAZEROLLE



I like pretty much any sport, even the fringe ones like lawn darts or walking or Canadian football. But my one true sports love is hockey.

It doesn't need to be the playoffs or even a big game for me to be interested. I can watch Florida play Phoenix in mid-January and I'll be satisfied.

But if you want to see me "literally explode" (as the sports anchors like to say) it needs to be a Boston Bruins game.

My dedication to the Bruins is such that I get severely annoyed when people ask, "So now that the B's are eliminated, who are you cheering for?"

Nobody.

The question doesn't even make sense to me. Once the Bruins are out, I cheer for plane crashes. If Montreal and Toronto ever hold an outdoor game in Tenerife, I'll watch with great interest.

I do have a pecking order of teams I cheer *against*.

I hate Montreal most because that's what is written in the Hockey Guide To Fandom, then San Jose for reasons too arcane to go into here, then Philadelphia because they are jerks.

After that, I hope whatever team I know the least fans of wins, so I might avoid the inevitable summertime gloating. Go, Columbus, go.

Hockey is great because it gives people in this country something to talk about.

The lost season a few years ago wasn't sad because of the loss of the National Hockey League, which doesn't know its ice from its elbow, but because it left us with nothing to discuss.

"It means everything and it means nothing — all of the joy and fear with none of the real-life risk."

In the depths of winter, it's nice that downtown Toronto and northern Alberta have something in common. It's like talking about Betty White with your grandmother so you can avoid discussing how often you've used that rosary she made you.

And for me, personally, I like hockey (and sports in general) because it gives me an excuse to be irrational. I spend the rest of my life depressed by religion, scared of nationalism, and pissed off by mysticism.

But along comes hockey and I can be completely consumed by joy or anger or fear, all because I like the team with the "B" on its sweater.

It makes no sense, which is what makes it fun. It means everything and it means nothing — all of the joy and fear with none of the real-life risk. What could be better?

Well, the Montreal Canadiens literally exploding, maybe. But that's it.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Weeding out opinions

Letters & Tweets

We asked: Should marijuana be legalized?

TORONTO. Yes, I think it should. There is too much violence associated with it when it's not legal.
NANCY SCOTT

@rrrebeccaa yes! it's a 7-billion a year industry. tax it, sell it, and help countries with their debt.

@zacivich legalize. it's proven that the gateway theory is garbage, no health effects from the drug itself.

TORONTO. Marijuana should be legalized for adults because adults should have the right to choose which recreation substance to use, especially since alcohol is much more dangerous.
EDGAR BERNAL MARTINEZ

Where's Cheech?

THE CANADIAN PRESS FILE

Re: Lindsay Lohan

TORONTO. I read in Letters & Tweets about a fan who doesn't like the exposure Metro gives to Lindsay Lohan.

I for one am quite interested to know what is going on with her. I like seeing the photographs, I like seeing the full-page articles on her. It's a great story — of her addictions, of her meddling father, her relationships ... it's a Hollywood movie inside a Hollywood movie.
TOM TKACH

What would you want with you if you were trapped in a mine?

Email
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Metro has the right to edit letters and submissions.

Metro Minute at The Beguiling

CONTRIBUTED

▶ The Beguiling is located at 601 Markham St.

Want to engage in an impassioned debate? Ask a manga fan about the best place to pick up a volume of 20th Century Boys. There's a good chance they will mention The Beguiling, a somewhat eccentric, but incredibly neat shop in Mirvish Village that stocks the largest supply of comic books, manga, and graphic novels in the country.

Shelves at the 601 Markham St. store appear to be heaving with the weight of all the alternative, underground and avant-garde graphic titles in its fold. And there's a good chance you'll bump into that same manga fan — many of whom pop by just to talk shop with the equally passionate, informed staff. ● **JORDANA DIVON**

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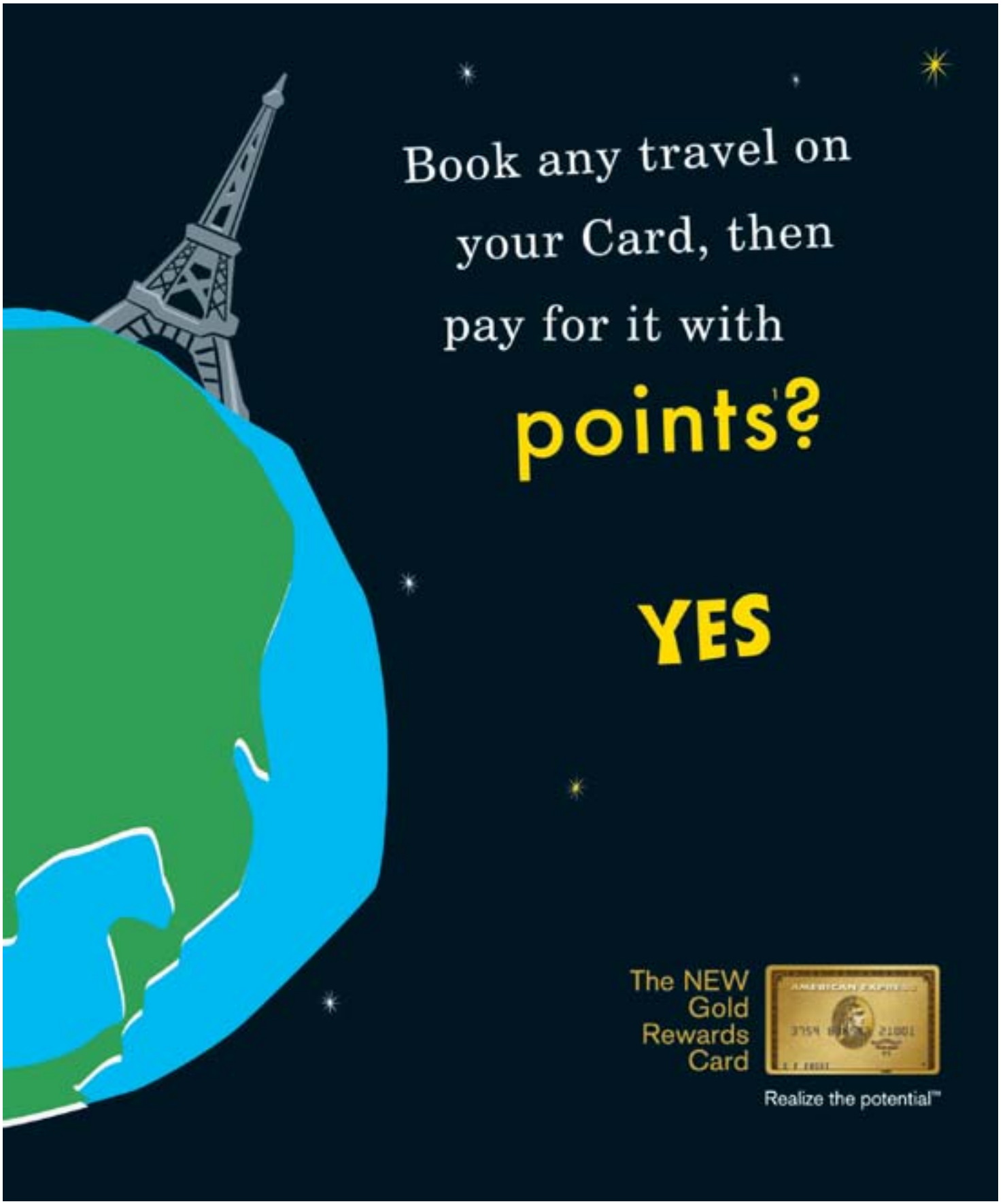
LOYALTY & REWARDS



LOYALTY & REWARDS

REWARDS TO THE RESCUE!

Pay it forward, on points

Rewards programs are big on flexibility—that is, allowing members to buy almost anything they want. You can redeem points for all the discounted trips and concert tickets you can get; you can donate them to charity, too. But rewards programs can also help you find that middle ground between what's good for you and good for others.

It happens a lot. Take the example of a TD Canada Trust customer from Ottawa, asked to help organize a family reunion for his in-laws. His wife's relatives led busy lives and rarely gathered in one place to celebrate. However, they were committed to this event. All had booked their flights. All except one—a young cousin studying on the West Coast. Though he wanted to be there, he couldn't afford a plane ticket that would send him clear across the continent.

Our heroic TD customer wanted to pay for the boy's flight. But as someone newly married, even he found the price prohibitive. If he'd had to absorb those travel costs out-of-pocket, well, it just wouldn't have happened.

But there was another option: Points. Thanks to years of purchases on his TD First Class Travel Visa Infinite Card, he'd built up enough points to fund the entire flight, round-trip. The cousin was indeed able to visit his loved ones, reconnecting with some he hadn't seen in years.

What's the price of your loyalty?

We're a society of consumers. Men and women faced with choices every day—options about what to buy, where to go, who and what to see; what to wear; what to eat. We're lucky that way. But two things keep us from taking advantage of all that's available: money and time.

We need to make money, so we work hard. But because we work hard, we have trouble making time for everything else. That's why more and more Canadians are finding ways to transform their hard-earned cash and long hours into rewards, like discounted plane flights, appliances, gadgets and toys, free meals, tickets to almost any kind of show—the very things they had to do without. It's not alchemy; just the benefits of a good rewards program.

Today's banks, credit card companies, and retailers value nothing more than your patronage, and they're prepared to make it as attractive as possible. They'll offer you membership in programs that give you reason to seek out their products and services exclusively—in other words, perks. You'll be able earn points with every purchase, redeeming them for discounts on items and events, some of which would be pretty expensive otherwise. You may also get automatic discounts at resorts, car rental companies, theme parks, restaurants and other venues affiliated with the program. You may even be able to turn your points into a charitable donation.

Rewards programs are as Canadian as hockey and maple syrup. No one—and we mean NO ONE—earns points like a Canuck.

You've got the idea—now's the time to dream. Trips? You bet. Swing a golf club in Kelowna, B.C.; sip coffee in a Montreal café; take your loved one's hand and watch a beachside sunset in the Maritimes, all funded by the points you've earned. Staying closer to home? Use points to pick up dinner and a movie. Bring the kids, too, or entertain them indoors with the new video game console bought—that's right—on points. Buy a DVD. Get a facial. Get a tan. Do almost anything you want. You've earned it.

Earn and return: It's the Canadian way

Canucks love their points. We're some of the world's most thoughtful deal-makers, and if a loyalty program meets our needs and nets us some great rewards, we'll jump in. Why are Canadians—a supposedly cautious bunch—so crazy about these opportunities?

"Canadians are very savvy when it comes to rewards programs," explains Trevor Van Nest, vice-president of consumer card marketing for AMEX Bank of Canada. "They take time to understand the value of what they're getting; they can articulate what they're satisfied with, and what frustrates them."

The numbers bear this out. A new survey conducted by Angus Reid on behalf of American Express found that nearly 80 per cent of Canadians participate in a credit card rewards program. According to that survey, consumers ranked restriction-free redemption as the number-one consideration when choosing a rewards program.

nearly 80% of Canadians participate in a credit card rewards program

"Flexibility matters as much as value—that's the attitude Canadians express to us," says Van Nest. "And that attitude heavily influenced the design of our new Gold Rewards Card program."

Shawn Bloom, general manager for SCENE, sees Canada's point-mad culture to be the positive result of years of successful programs like Air Miles and Club Z. "Many Canadians have grown up with these programs, so they're comfortable joining new ones," he says. "But I do think expectations have changed over time. Canadians want to be rewarded more quickly; they want to earn points faster to reach their rewards goals. Our goal is to make that happen."

With over 2.5 million members in its program, including almost one million Scotiabank account holders, SCENE is tapping into Canadians' affinity for a good deal. AMEX and many other organizations are doing the same. Rewards programs are promising to be even bigger business in the years ahead.

Instant gratification

If something good's about to happen, why postpone it?

Loyalty and rewards programs aren't just for people saving up for the trip of a lifetime, or some expensive appliance they'll use every day but never have fun with. You can reward yourself tonight, if you really want to. Many Canadians prefer it that way.

"Some people join a rewards program to pay for a specific thing," says Trevor Van Nest, vice-president of consumer card marketing for AMEX Bank of Canada. "So they might begin accumulating points for a trip, then let those points build up for years to fund it. Others see it as a 'fun wallet.' It gives them an opportunity to buy things they might not have considered if they had to dip into their paycheques for it. People think differently about their points—they're willing to fantasize a bit. They'll flip through our catalogue and imagine all the fun things they could buy. You don't wait years to buy items like that."

The SCENE program owes some of its success to this same attitude. SCENE's popularity among young Canadians, 50 per cent of whom are under 35, is due in part to members being able to earn and redeem rewards so quickly. SCENE rewards are priced starting at just 50 points; with Scotiabank products, many members get free movie rewards on a monthly basis.

"There's a program out there for every Canadian," says Shawn Bloom, SCENE's general manager. "But for most of us, the quicker we can earn our rewards, the happier we'll be."

The customer's always right.

Trevor Van Nest, AMEX Bank of Canada's vice-president of consumer card marketing

Dream big. Dream about… your mortgage?

Many people join rewards programs with dreams of flying far from home, held aloft by nothing but airplane wings and a ton of redeemed points. But some dreams—like owning your first house—can keep you pretty grounded. At least one program can help you have both.

CIBC's AeroMortgage program lets you earn one Aeroplan Mile for every dollar of regular mortgage interest you pay. "The first step is to get pre-approved," says Cheryl Longo, executive vice-president, CIBC card products. "The AeroMortgage is available for conventional and insured mortgages only, but if you like the flexibility to keep enjoying the things you love to do, including travel, it might just be right for you."

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Empty your wallet– in a good way?

Rewards programs are a big hit with Canadians young and old. We expect value-added from almost every retailer we buy from, and usually, we get it. We brandished Air Miles cards and Club Z cards before most of us knew what the Internet was. And we collected Canadian Tire money before anyone came up with the cards. But whether it's a venerable Scottie bill or the latest swipe card technology (tried the chip yet?), it all ends up in one place: your wallet. What a turn-off.

"A lot of people are reluctant to carry another card in their wallet, even if it could lead to great benefits," says Shawn Bloom, general manager for SCENE. "It prevents some people from joining rewards programs in the first place."

SCENE is already developing a way to store card information on a mobile phone, which seems like a natural fit for its large number of younger members

Deep as we are in the Digital Age, you might wonder why anyone still needs a card at all. Some rewards program providers have wondered the same thing. Handheld devices—another beloved element of Canadian life—may be part of the solution.

Think about it. Mobile phones, PDAs, and micro-computers like the iPad already travel with us as much as our wallets do. We use them every day to send and receive information, whether it's through traditional calls, text messages, email, or Web surfing. And while most rewards programs still require a card at the point-of purchase, many allow you to spend the points you've earned online—you can even donate to charities by transferring points via the Web. It's not hard to imagine a day, very soon, when these concepts will be brought together. SCENE is already developing a way to store card information on a mobile phone, which seems like a natural fit for its large number of younger members. How long will it be before more traditional rewards program providers, including the major banks, find a way to do it too? In Canada, the customer is still king.

REWARDS TO THE RESCUE!

You've got to know when to hold 'em

Anne Wormsbecker sums up her student days with two words: "Packed" and "Frugal." That meant certain chores, like washing her car, never got done.

"It was getting really dirty," she says. "I had a cactus figurine on my antenna—it wasn't even green anymore. And my building had no hose." It was time to shell out.

Fortunately, Anne's instinct to save paid off. She'd collected Petro Canada 'Petro Points' for years, never redeeming them. Now was the time. Rolling her gleaming Pontiac Sunfire out of the carwash, Anne took a brief moment to reflect on the value of being a rewards program member.

Then she got back to work.

Earn for a good cause

Rewards programs are typically marketed as ways for you to treat yourself. Hard week at work? Redeem some points and go to dinner and a movie with a friend. Vacation time coming up? Use your points to fly a little farther afield with your family. Dreams like these are great, and without a doubt, you deserve them. But more and more, rewards programs are helping you to help others, too.

"Charitable options are an important part of our membership rewards program," says Trevor Van Nest, vice-president of consumer card marketing for AMEX Bank of Canada. Through its association with

rewards programs are helping you to help others

Aeroplan, AMEX allows you to choose the charities to which you would like to donate. You can pick from increments of 1,000, 5,000, 10,000, 50,000, and 100,000 points, and if you'd rather donate anonymously, that too can be arranged.

You can use your AMEX points to help several Canadian charities; among them, the Canadian Diabetes Association, the Children's Wish Foundation, Hope Air, Mothers Against Drunk Driving, and World Vision.

Cheryl Longo, executive vice-president, CIBC card products

CIBC lets you pay it forward too. "If you're a customer who collects Aeroplan points through our Aerogold suite of credit cards, you can donate those points to a worthy cause," says Cheryl Longo, executive vice-president, CIBC card products. "It's easy. Some members choose to donate a lump sum of Aeroplan Miles by clicking the 'Donate Now!' buttons, found next to each available charity listed on Aeroplan's 'Donate & Offset' webpage. Others automatically donate 2 per cent of the Aeroplan Miles they earn by clicking the 'donate 2% of your earned miles' links on the same page. Automatic donations can be changed or stopped at any time."

CIBC's affiliated charities include Athletes for Africa, Engineers Without Borders, the Stephen Lewis Foundation, and War Child Canada.

How about a little value-added?

Loyalty programs are all about earning points and cashing them in. But membership has privileges of its own. Take the SCENE card, for example. Most SCENE members, including Scotiabank customers, use their cards to earn free movie tickets or discounts at theatre concession stands. But what about using one to see their own film grace the silver screen? SCENE's popular program, 'The Director's Chair,' gave members that chance.

"We opened the contest with an invitation," explains Shawn Bloom, SCENE's general manager. "We challenged our members to create a 15-second commercial explaining why everyone should have one of our cards. First prize was $5,000—and the winning commercial got to air in Cineplex theatres."

The Director's Chair was a big success, but it's one of many contests Bloom cites when talking about how rewards programs like SCENE can expand the member's role. "We partnered with the Sonic Boom Festival in Edmonton, offering members discounts on tickets for that," he remembers. In Ontario, we partnered with Milestones, allowing members to earn and redeem points at its restaurants."

Other SCENE contests have sent winning members to see The Killers in Las Vegas, and the Scissor Sisters in Paris. For contests like these, points can be exchanged for ballots. It's one more way today's rewards programs are thinking outside the box.

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1. Source: "Canada's top travel rewards credit cards", www.rewardscanada.ca 2010 and 2009. Card Applicants must meet income and other Card criteria. **2.** Aeroplan Miles earned only on net card purchases (not on cheques, etc.). Aeroplan Partners and rules may change. Taxes/fees/surcharges may apply to rewards. **3.** The 50% More Miles offer applies to first $80,000 in net annual card purchases per account at merchants classified in the Visa network as grocery stores, service stations or drugstores (some merchants may sell these products/services but are classified otherwise). Ask for details. **4.** Welcome Bonus: applies to new, approved primary cardholders only; is awarded after first card purchase; can't be combined with other offers; may not apply if an existing CIBC Visa card is converted into this card; may be changed/withdrawn anytime. ®Aeroplan and Aerogold are registered trademarks of Aeroplan Canada Inc. CIBC is an authorized licensee of the marks. "CIBC For what matters." is a TM of CIBC.

REWARDS TO THE RESCUE!

A different kind of upgrade

Many of us use our points to eat a little fancier, fly a little farther, or sleep in a somewhat nicer bed. But for at least one soon-to-be married Canadian couple, nothing seemed more luxurious than the longest, widest SUV they could get their hands on.

Cam Murchison and his fiancé, Shelley, spent their wedding weekend the same way most future spouses do: in a tornado of orders, errands, last-minute pickups and deliveries, covering more ground than seemed possible. They handled enough boxes, dresses, and flowers to make any regular vehicle seem a tad too tight. What they needed was the Lincoln Navigator; Ford Motor Co.'s titanic road machine with space for one wedding at least.

"We got it on points," says Cam. "Rented it for the whole weekend. I thought that was pretty clever."

Patience pays off

Think of the thousand little tasks you do in a day. All the chores, like cleaning the floor and scrubbing the tub, making lunches for kids and dinner for everyone; running errands for the supplies you need. Then there's your other work—the kind you're paid to do—with its emails and phone calls, boxes to lift, meetings to sit through. It's a grind, sometimes. What about the big picture?

affordable luxury is at the top of Canadians' travel objectives

Rewards programs offered by banks, credit card companies and other organizations give you the chance to build up points for years, if you so desire. Lots of people do exactly that, letting each of their purchases put them one step closer to a valuable reward they might otherwise have been unable to afford. Like trips, for example.

"Flights are by far our most popular redemption option," says Trevor Van Nest, vice-president of consumer card marketing for AMEX Bank of Canada. "Canadians love to travel."

And they'll travel in style, too—so long as it's reasonably priced. According to an Angus Reid survey conducted on behalf of American Express Canada and Starwood Hotels & Resorts, "affordable luxury was at the top of Canadians' travel objectives." AMEX and Starwood addressed this need through their Starwood Preferred Guest Credit Card, which allows cardholders to earn points toward hotel stays and air travel through everyday purchases. Points can also be redeemed for an upgraded room, an extra night, spa treatments, or dining.

Meanwhile, CIBC's customers practically have a ticket to anywhere. Holders of the CIBC Gold VISA card can book trips online, redeeming their 'Gold Bonus Points' to pay up to 100 per cent of their travel costs. If members want guidance about their trip options, CIBC offers categories: Sun, Ski, Golf, Dive, Cruise, and Spa. There's also a collection of escorted vacation experiences, exclusive to cardholders.

With your busy life, it's easy to get caught up in the details, so why not dream big? Think of it as a reason to smile on the tough days. And if someone asks you what you're waiting for, tell them you're not waiting at all—you're earning.

Why some won't get with the program

Canada is considered a top spot for rewards programs—for a variety of reasons, we're happy to join one that works for us. Not everyone is sold yet, though. A recent survey conducted by Angus Reid, on behalf of American Express, discovered the following:

some Canadians are reluctant to make the most of their rewards programs

Almost 70% of Canadians always or sometimes use debit cards for their everyday purchases, missing out on opportunities to earn points on their spending. And while nearly 80 per cent of Canadians collect rewards points, nearly one in four have let their points expire, while another quarter are sitting on "a large bank" of points, with no immediate plans to redeem them.

Why are some Canadians reluctant to make the most of their rewards programs? Why are some still unwilling to join one at all?

"I think some customers are concerned about handing over personal information to any organization," says Shawn Bloom, general manager of SCENE. This is still a barrier for them when it comes to joining a rewards program."
Trevor Van Nest, vice-president of consumer card marketing for AMEX bank of Canada, has seen that cynicism too. "Perhaps some of them didn't get what they were expecting from a past reward program," he says. "Perhaps they were promised something that wasn't delivered and were jaded by the experience. We've found that simplifying the process is the best way to combat those concerns. We're aiming to be a one-stop solution to their rewards issues."

Bloom agrees that simplicity is key to winning over new members. "For our program, it's always a matter of laying out the value proposition plainly, it's free. You get 10 per cent off the concession stand every visit—that's the kind of thing we're proposing. When you put it that way, reaction tends to be positive."

Shawn Bloom, general manager of SCENE

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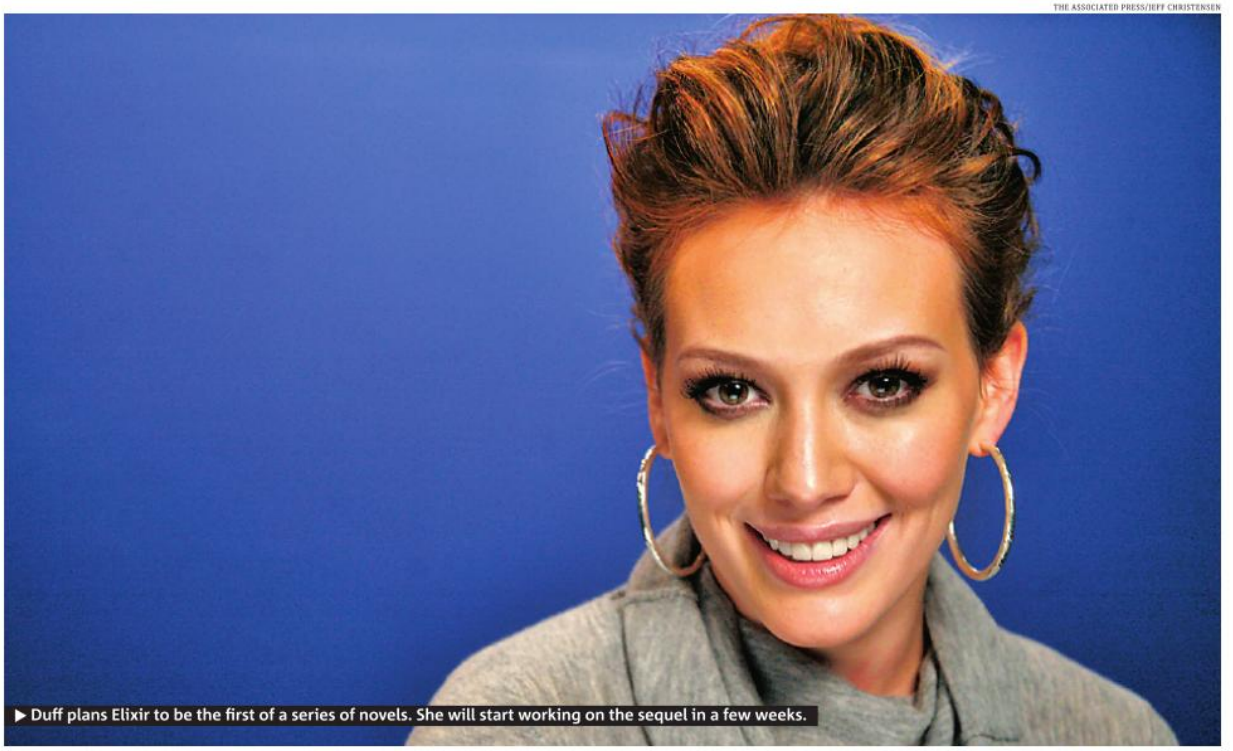
Hilary Duff — romance novelist

THE ASSOCIATED PRESS/JEFF CHRISTENSEN



▶ Duff plans Elixir to be the first of a series of novels. She will start working on the sequel in a few weeks.

Young adults have always been Hilary's fan base Now she's reaching them in a new way by writing a romance-adventure novel

Hilary Duff may be a recently married young woman of 23, but when it comes to books she's not quite ready to grow up.

``I love reading young adult books even though I'm a little older than the set demographic for YA,'' she said Tuesday. ``I love adventure. I relate to girl characters, love, finding yourself and breaking out of the mould that people put you in.''

It makes sense then that the actress and singer would decide to write her first novel ``Elixir'' for the younger set.

Duff may have a feel for her reading audience, too, from knowing her viewing audience. Duff played Lizzie MacGuire for two seasons on the Disney Channel from 2001-2004. Fans who watched her on TV may also want to check out her book.

"Then I thought: 'I'm open for a new challenge. I'm going to try to write a book."
HILARY DUFF

``This idea just kept coming to me and building in my head. I thought 'What am I gonna do with this?''

Duff has had a busy year. Besides writing, she also wed pro hockey player Mike Comrie in August.

She says publishing deadlines can be more stressful than planning a wedding.

``It's very similar ... I couldn't even choose which one is harder. I guess I'd say the book.''

THE ASSOCIATED PRESS

Elixir

Elixir is about a young photojournalist named Clea Raymond whose photos have extra images in them that weren't there originally. Then her father disappears. Clea sets off to unravel the mystery of both.

2 scene

Eliminated

Mike "The Situation" Sorrentino is headed back to the Jersey shore. The reality star with the chiseled abs was eliminated from Dancing With the Stars Tuesday. He and professional partner Karina Smirnoff came into the show in last place after performing an Argentine tango Monday that one judge called "a terrible mess."

Indiana won't fine film company, production crew for injury during filming of Transformers 3

Album reviews A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●

Team helps Lil Wayne

KEVIN WINTER/GETTY IMAGES

Lil Wayne
Album: I Am Not A Human Being
Label: Cash Money
●●●

Lil Wayne will be released from Riker's Island on Nov. 4, after serving eight months of a year-long sentence for weapons charges. As he reminded us before his incarceration though, his steady flow of releases would never be jeopardized. February's Rebirth was a long-delayed, unwelcome renaissance that found Weezy fumbling with clichéd, crunchy rap-rock riffs and an overflow of Autotune. His devoted then should find some solace in I Am Not A Human Being, if not for being mostly Autotune-less than for knowing that some of it was originally written for Tha Carter IV. That he has Drake by his side for three cuts and another with Nicki Minaj is Wayne playing it smart and recognizing the value of his Young Money protegés. Drizzy's Right Above It and Nicki's What's Wrong With Them are both rousing triumphs destined to kick off the Weezy Weekend that follows his release. The biggest surprise comes in I'm Single, which finds the mentor taking a page from his student, spitting something smooth over some woozy R&B. Despite being a scattershot listen with as many misses as hits, I Am Not A Human Being does its job a satiating gap-filler till we get that Carter IV he's promising for 2011. **Outstanding track:** Right Above It

CAM LINDSAY

Belle and Sebastian
Album: Write About Love
Label: Matador
●●●●

On their seventh studio album, Belle and Sebastian carry on with the blithe indie pop that made 2006's The Love Pursuit such a lovely departure. Write About Love eschews another directional change to focus on a more AM gold sound, complemented by sweeping strings and plucky horn sections. As with any recording by these tweeful Scots, however, the intricate arrangements are only the cherry on top of lead songwriter Stuart Murdoch's shrewd storytelling and bright hooks. **Outstanding track:** River Runs Deep

CAM LINDSAY

Antony and the Johnsons
Album: Swanlights
Label: Nonesuch
●●●●

It seems impossible that Antony Hegarty (Antony and the Johnsons when working with collaborators) would be such a captivating performer. He sounds like Rufus Wainwright combating a bad case of delirium tremens. Still, as fourth full-length Swanlights' petals unfold, we learn to appreciate how his odd structures and distinctive voice. Swanlights' intricate intertwining is strikingly dynamic and inspiringly inventive. **Outstanding track:** Swanlights

KEITH CARMAN

Darius Rucker
Album: Charleston, SC 1966
Label: Capitol/EMI
●●●

Hootie & The Blowfish is probably the punch line to some music joke, but there's nothing funny about Darius Rucker's new career. The band's lead singer is a big shot once again — his 2008 country disc went platinum in the U.S. The album is loaded with adult contemporary country tunes, including the family-focused Might Get Lucky that the masses eat up. **Outstanding track:** Nothing Like L.A.

BRYAN BORZYKOWSKI

Sufjan Stevens
Album: The Age of Adz
Label: Asthmatic Kitty
●●●●

If you're still waiting for Sufjan Stevens to record another disc about an American state, keep waiting. The singer-songwriter's last state-related project seems to be his big hit, 2006's Illinois. But after hearing his latest you won't care what he's writing about. The Age of Adz is a mind-blowing collection of thickly layered guitars, electo sounds and choir-like harmonies. Don't let the noise fool you, this is a brilliant pop album. **Outstanding track:** Get Real Get Right

BRYAN BORZYKOWSKI

PS I Love You
Album: Meet Me At The Muster Station
Label: Paper Bag
●●●●●

The debut album by Kingston, Ontario's PS I Love You comes riding a tidal wave of hype but for once the machine doesn't lie. In only a half-hour, the duo make their convincing argument by cohering Paul Saulnier's pained yelp and transcendent guitar licks with Ben Nelson's galvanic timekeeping, along with great songwriting. **Outstanding track:** Butterflies & Boners.

CAM LINDSAY

Joining the family business

Michael Jackson's nephew showed a passion for music at a young age Melody the key to his album

Over a decade ago, when Michael Jackson was working on what would become his final album, a young producer named Rodney Jerkins set up shop in the dance room of the singer's Neverland Ranch. A youngster approached Jerkins with a bold swagger.

"I'm going to work with you. We're going to work together on my album," Austin "Auggie" Brown told Jerkins, who flashed back to his own introduction to Jackson as a teenager.

"I'm looking at this 13-year-old kid and I'm seeing all this ambition and it reminded me of myself the first time I met his uncle," Jerkins recalls. "I believe that when you speak things into existence, it happens. ... I said, 'I'll be ready when you're ready.'"

Brown — the son of Jackson's older sister Maureen, known as Rebbie — is now 24, and has been working at Jerkins' Los Angeles studio for months to create his debut album, 85. He's a serious and passionate student of music and dance, with handsome, distinctively angular facial features that recall his uncle in the Thriller period. Surrounded by musicians in his formative years, "I was a sponge," he said.

"My brother-in-law Rex, who taught me how to produce, he would show me how to play like a Janet song or something. And then I'd go to her and be like 'Watch this!'" he said. "I wanted to learn and to learn the songs. Play the songs, and then get the reaction from playing it and show people. I wanted to figure out the music, not just be around the music."

Perhaps the only surprise is that Brown didn't enter the family business sooner.

"It was really important to me to develop," Brown said in an interview alongside Jerkins, with his mother looking on quietly. "First and foremost, music is a privilege. It's not an entitlement for me. So I wanted to get better and get to the point where I felt like I was ready. And I did it on my own."

To be sure, Brown first hit a stage when he was 3 at one of his mother's concerts in Japan. It was family connections that led him to talented dance coaches in Las Vegas and to Jerkins, and family connections that prompted interest from People magazine, Access Hollywood and MTV even before the release of his first song. But Brown makes it clear that he wants to succeed based on his own talent.

▶ Singer-songwriter Austin Brown says his album will blend classic soul and 1980s pop with contemporary dance beats.

"My last name is Brown. And you know, I can't help where I come from, but I love where I come from," he said.

Brown says his album will blend classic soul and 1980s pop sounds with contemporary dance beats. He cites as influences Billy Idol, George Michael, Prince and his uncle — particularly when it comes to the key ingredient in songcraft.

"My uncle, he was a stickler on that. He always told me, 'The melody. Be true to the melody. Melody is key.'" Brown said. "So that's really what we tried to do with 85."

THE ASSOCIATED PRESS

Please refer to full brochure for prize details, calendar issuing and draw information. Only 825,000 calendars are available. Calendar purchasers must be at least 18 years of age. 442 cash prizes, with a total value of $4,155,000 will be awarded. Final sales deadline is December 20, 2010. Early Bird deadline is December 15, 2010. Winners will be posted every weekday* on the Heart&Stroke Calendar Lottery website at www.heartandstroke.ca/calendar. Daily, Weekly and Monthly draws falling on weekend or holidays will be drawn on the next business day. © Bank of Canada – bank note images used and altered with permission. Lottery Licence #: 3124.

Toronto writers drawn to relateable characters ◗ Both had fan blogs for the show

Rachel Berry might not always be the most likable character on Glee.

But the Toronto-based authors of Don't Stop Believin': The Unofficial Guide to Glee (ECW Press) say she's the character they most identify with.

"I was totally a Rachel Berry in high school," says Erin Balser, 26. "I was so obnoxious and driven and dedicated and over the top, and I didn't have a lot of friends."

Co-author Suzanne Gardner, 25, says she also relates to Rachel, as well as fellow Glee-clubber Tina.

"My high school me has a lot of Rachel and Tina in me. There's the shy side of Tina, but there's also a lot of Rachel's go-get-it-ness — even when that's completely ridiculous, and maybe a little big headed," says Gardner.

The show's relatable characters are partially what inspired Balser and Gardner to pen the Glee guide, which includes cast biographies, episode synopses, behind-the-scenes tidbits and explanations of the pop culture references that pepper the show.

The book also includes star ratings for each episode in categories of drama, comedy and music, "so people know if it's going to be a fun episode or an emotionally heavy one," says Balser.

It also examines similarities between Glee and Popular, another show from Glee co-creator Ryan Murphy.

"Ryan Murphy is such an interesting guy," notes Balser. "Popular is so dark and twisted.

THE CANADIAN PRESS

▶ Heather Morris protrays Britney Spear in a recent dream sequence episode of Glee.

TV picks

Community takes flight

SEASON TWO. Community has followed its critically acclaimed freshman year with an ambitious set of second-season episodes. In this one, Dean Pelton decides Greendale must have its own flight simulator to keep pace with the rival City College. (Citytv, NBC)

30 Rock goes live

COMEDY. Off-the-wall comedy 30 Rock will be more unpredictable than usual with tonight's first live episode. Liz is angry when no one seems to remember her 40th birthday on show night, while Tracy decides to break character all evening. On Fringe, a shapeshifter is on the loose while Walter (the excellent John Noble) faces danger during an investigation at Massive Dynamic. (Citytv, Fox)

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A legend in the making

Nowhere Boy director Sam Taylor Wood brings Lennon back to life

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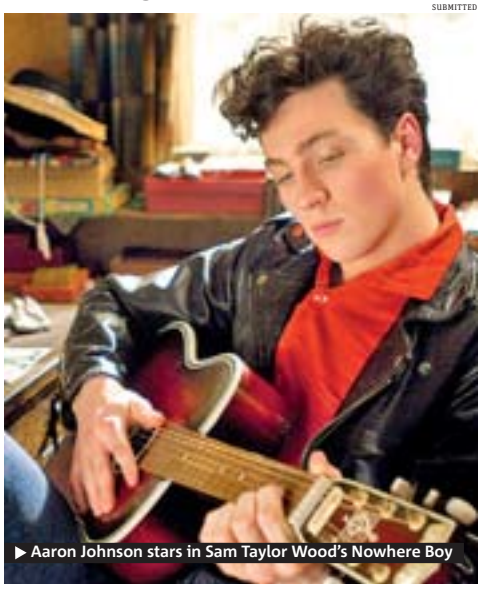

▶ Aaron Johnson stars in Sam Taylor Wood's Nowhere Boy

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Sam Taylor Wood, best know for her renowned work as a photographer and conceptual artist, makes her feature film directorial debut tomorrow with Nowhere Boy.

For many directors a debut is a simple affair, but Wood took on the early life of John Lennon. Given the legions of Beatles obsessives worldwide, it's project that will hit screens with lofty expectations, which the director didn't consider initially.

"I went after the script so passionately that when they finally gave it to me I was thrilled," Wood told Metro. "Then two weeks later I went to Liverpool and realized, 'Oh crap. This is big.' You're dealing with their God and local hero."

The reason Wood never considered the pressure associated with the project is that she wasn't interested in the material as Beatles aficionado, instead she was touched by Lennon's troubled youth and difficult relationship with his estranged mother.

"It was the coming of age story from boy to man and the pain that he went through to make that transition that interested me," explained Wood.

Wood's approach is ideal, transforming the film into a personal story that just happens to be about one of the most famous figures of the 20th century rather than just another biopic.

Director dishes

Sam Taylor Wood on Paul McCartney's involvement with Nowhere Boy and on the importance of casting actors that bore a Beatles resemblance.

1 "He was involved in the beginning just giving me details on equipment that they used to record and [on] little John mannerisms. He was really helpful."

2 "It started out as really important and I kept seeing so many look-alikes of Lennon and McCartney. But then I had to decide that I wanted someone who could really act and not give an impersonation."

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Comedy central

The Canadian Comedy Awards and Festival takes place this weekend in Toronto • Two members of the Imponderables tackle an age-old debate

Which came first, the chicken or the egg?

Opening arguments:

Eric Toth: Be it resolved...that the chicken did indeed precede the egg. God made it that way, because he doesn't do middle-management. Instead, he created chickens to make eggs for him. The dude had no time to sit on a bunch of eggs himself. He's got the earth to flood, bushes to burn, inceptions to immaculate. So, he made chickens do the work of making eggs for him. He's like Obama. You hire the best people around.

Dave Brennan: Be it resolved... that the egg came before the chicken. The answer becomes clear, when you rank them in the order that you eat them. I never eat chicken in the morning with my toast, that's a lunch thing. Breakfast comes before Lunch. Egg comes before chicken. Never mind what they tell you in science textbooks or the bible, the menu at Fran's Diner on College St. is older and wiser.

▶ The Imponderables

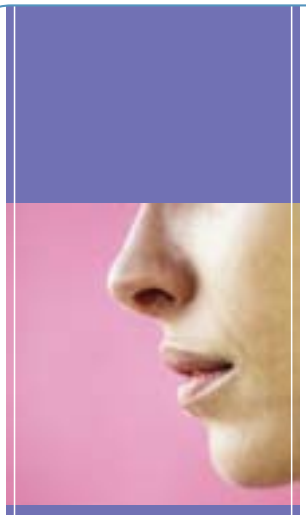
Rebuttals:

Eric Toth: Wrong. The Chicken came first. I had a Chicken growing up on a farm. We got him at the grocery store and I never even saw one Egg. Granted, he was sliced, precooked, breaded, and came in a frozen box, but still. He was there first, for sure.

Dave Brennan: You're wrong. The chicken is an egomaniac and a thief. Eggs were already around. Kinda like how there was already sites like Facebook before Facebook. The Chicken stole the eggs glory in order to become a multi millionaire and meet girls…I mean chicks.
METRO

Chuckle check

For more information on the 2010 Canadian Comedy Awards and Festival, visit canadiancomedy.ca.



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Richie blasts paparazzi for following kids

Actress says photographers go to daughter's school ◗ Worried about safety of hers and other kids ◗ Vows to do background checks

Nicole Richie is so fed up with photographers camped outside her daughter's school that she sent paparazzi agency X17 a nasty letter telling them to watch themselves.

"I am going to do a background check on each and every person that I see there. For the safety of my children and others," her letter reads, according to Hollyscoop.

"The last time I did a check on your staff, I found they had no license. Remember that day? The day that ended with a car accident and me in a hospital? If I find out anyone has a suspended, restricted or invalid license, I will have them thrown in jail before they can pick up the phone and call their lawyers."

Richie ended the letter just as strongly: "These are young children and you should know better. X17, you are irresponsible and repulsive. Consider this a warning." METRO

GETTY IMAGES

▶ Nicole Richie is upset that paparazzi are following around her children.

GETTY IMAGES

▶ David Arquette's mouth got him into trouble after he told Howard Stern that he slept with actress Jasmine Waltz.

Waltz upset with Arquette

Jasmine Waltz is reportedly "shocked" to find herself in the middle of the Courteney Cox and David Arquette breakup news after Arquette admitted to a tryst with the bartender on Howard Stern's radio show, according to Radar Online.

"Jasmine was just shocked when she heard David had gone on Howard Stern and told what she considered to be private details of their relationship," a source says. "She had no idea he would sleep with her and tell everyone." METRO

Michael to be good boy

Now that he's out of jail, George Michael is looking to clean up his act, so he's sending himself back to rehab, according to the Sun.

"I want to beat my drug addiction and lead a normal life. I don't want to end up back in prison. It's a very horrible place to be," he says. "You're not considered a person when you're inside, you're just a number and that freaked me out." METRO

Celebrity tweets

Demi Moore [@mrskutcher] Just saw a demo at Better Place 4 an electric car and system that could change the world, our dependency on oil & the quality of our planet!

Billy Bush [@billy bush] Celebs who split always say that they remain committed to their children and are putting them first. Yeh, they r therapy bound and u know it.

Paula Abdul [@PaulaAbdul] Twitter is messing w/ my tweets again. :((sorry if you get this tweet a couple times....

Kanye West [@kanye west] Mosquitos suck METRO

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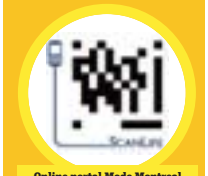
369

3 life

Weddings

Planning your wedding and looking for an app to help you make that walk down the aisle everything you dreamed of? 2 For Life Media Inc. recently released its Ultimate Wedding Planner on the App Store. The planner combines all the knowledge and authority of a wedding magazine with the up-to-date feel of a wedding website and the feel of a digital planner.

METRO



Online portal Mode Montreal shines spotlight on local fashion talents, industry

▶ Bright colours will be the theme for next year's fashions.

Making sense of the coming styles

One month, four cities, and umpteen catwalks later, the changes in the air are palpable

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

If one thing can be said about this past month's spring/summer '11 shows, it's that it was rife with sudden change.

Forget about all the '50s stuff you're wearing right now. Next season, tall, platform wedge shoes will replace the kitten heel, which has been having such a moment for autumn/winter '10. Floaty peasant-style dresses that could have come straight out of your mom's closet in 1976 will make those Mad Men-inspired skirts look like old news. And all that blush and camel you've been wearing this fall? Colours will be brighter by the time the summer comes — a lot brighter (think fuchsia, purple, orange and neon green) — and often come in stripes or blocked patterns.

But hues and dress shapes aren't the only things changing at a dizzying rate. Significant, long-term trends are emerging as well. For one, an increasing number of designers are paying less and less attention to the seasons they're designing for. Much of the clothing showed for spring/summer '11 could also work for colder weather. The looks at Prada, for example, came accessorized with fur stoles in electric, saturated colours that would be perfect for the coming holiday season. Meanwhile, Burberry Prorsum, showed leather biker jackets that screamed chilly-day-in-October, rather than, say, balmy-afternoon-in-June.

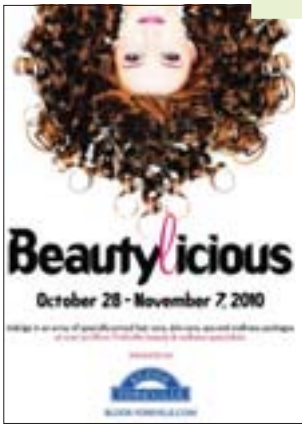
Truth be told, most of what we've seen during the spring/summer '11 catwalks will look old by the time it hits stores next year.

Considering how accessible the shows are these days (anyone can stream them live online or see the images just hours later), a girl can't help but want to shop directly off of the runways. It's enough to make one wonder when the retail cycle as a whole will catch up and make it possible for a shopper to do just that.

Top trends

The top three trends of spring/summer '11

- Long, diaphanous skirts and dresses
- Bold, pops of color
- Sheer, transparent separates and dresses



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▶ Richard Lambertson, left, and John Truex pose with bags from their recently launched Tiffany Leather Collection at the flagship Fifth Avenue Tiffany & Co. store in New York.

Back on top of the fashion world

Lambertson and Truex partnering with Tiffany & Co

Richard Lambertson and John Truex are rock stars at the flagship Fifth Avenue Tiffany & Co. store. Their new collection of leather goods has men buying purple wallets and women lining up at mirrors to model bags from the design duo.

The boom feels good 1 1/2 years after they landed in bankruptcy court and their namesake line was sold to Tiffany.

The first few months at Tiffany was spent absorbing the atmosphere, Lambertson says, getting to know people who shop there and understanding the different demographics of a variety of locations. They still watch the way customers feel the leather, flip a bag over the shoulder and compare weights of various wallets. Even with their own expertise, there is still something to be learned from consumers, Lambertson says with a smile.

Truex never doubted their ability to create products that people want - and are willing to pay sometimes thousands of dollars for. A croc tote bag on the Tiffany website, for example, is listed at $8,500, while the small reversible suede shopper is $395.

Partnering with a famous retailer that already carved its place in the heart of the public offers an almost limitless marketplace, Truex says.

On a practical note, Truex explains that the bag's bright colour inside instead of the usual black or brown makes it easier to find things.

"Luxury isn't necessarily a brand name," says Truex. "It's the thought process and design details that matter. ... With something like a $1,200 price tag, we don't want you to carry it for only a season. We want to give you something for the cost."

THE ASSOCIATED PRESS

What to look for

John Truex shares what to look for in a bag.

- **Movement** It should be one movement to put a bag in position on the body, whether it's worn on the shoulder, at the crook of the arm, over the body or in one's hands.
- **The strap** The length of the strap or handle should accommodate the season, with longer ones in the winter to allow for bulky coats or gloves.
- **Manageable** Hardware should be manageable with one hand. If it takes two to open a bag or get into a pocket, it's one too many.
- **Essentials** Credit cards, business cards or ID badges should slide in and out without a breaking-in period.

▶ Tiffany Leather Collection

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New talent the draw this year

Toronto Fashion Week brings fresh faces to the fold

JANINE FALCON
STYLE@METRONEWS.CA
METRO TORONTO

"The Fashion Collective, a hip, new group, has connected the street to the runway."
ROBIN KAY

Toronto's fashion focussed is suiting up for its bi-annual whirlwind week of Canadian style.

Officially starting on Monday, LG Fashion Week Beauty by L'Oréal Paris will present Spring 2011 Collections at Heritage Court at Exhibition Place.

"There are almost 30 presentations representing more than 60 designers, including talent from British Columbia, Winnipeg, Montréal, Vancouver, Toronto and more," says Robin Kay, president of the Fashion Design Council of Canada.

"Some are the traditional runway and some will be interactive installments.'

Along with established labels such as Pink Tartan, Bustle and Montréal design favourite Denis Gagnon, a fresh crop of designers is set to debut. According to Kay, the FDCC has been working with a variety of new talent with an eye toward long-term collaboration.

"The Fashion Collective, a hip, new group, has connected the street to the runway," she says. "From them we'll see seven new designers: Rita Liefhebber, Amanda Lew Kee, Chloecommeparris, THOMAS, Fortnight, Klaxton Howl and House of Groves — this is a really exciting new element to this season's lineup."

This is Fashion Week's 12th year; the event is acknowledged as the second-largest fashion week in North America.

"Stepping onto our runway immediately allows firsthand media exposure and, of course, global attention," says Kay. "Between the media, stylists, buyers and consumers — it's often a necessary step for designers. Without the runway, the world cannot see a collection come alive."

In addition to widespread media coverage that includes traditional mediums and online exposure from the country's premiere fashion publications and bloggers, the shows will be streamed live from lgfashionweek.ca, free of charge.

Also via the website, tickets for a day, the entire week, and for Dare to Wear, the closing-night

▶ Robin Kay, president of the Fashion Design Council of Canada

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COLIN MCCONNELL/TORONTO STAR NEWS SERVICE

fundraiser show, are available for purchase by anyone who wants to experience the event in person. Pre-fashion week shows include Ashley Rowe, showing tonight, and Greta Constantine, tomorrow night.

60

More than 60 designers will be represented at Toronto's LG Fashion Week

Which designers to look for

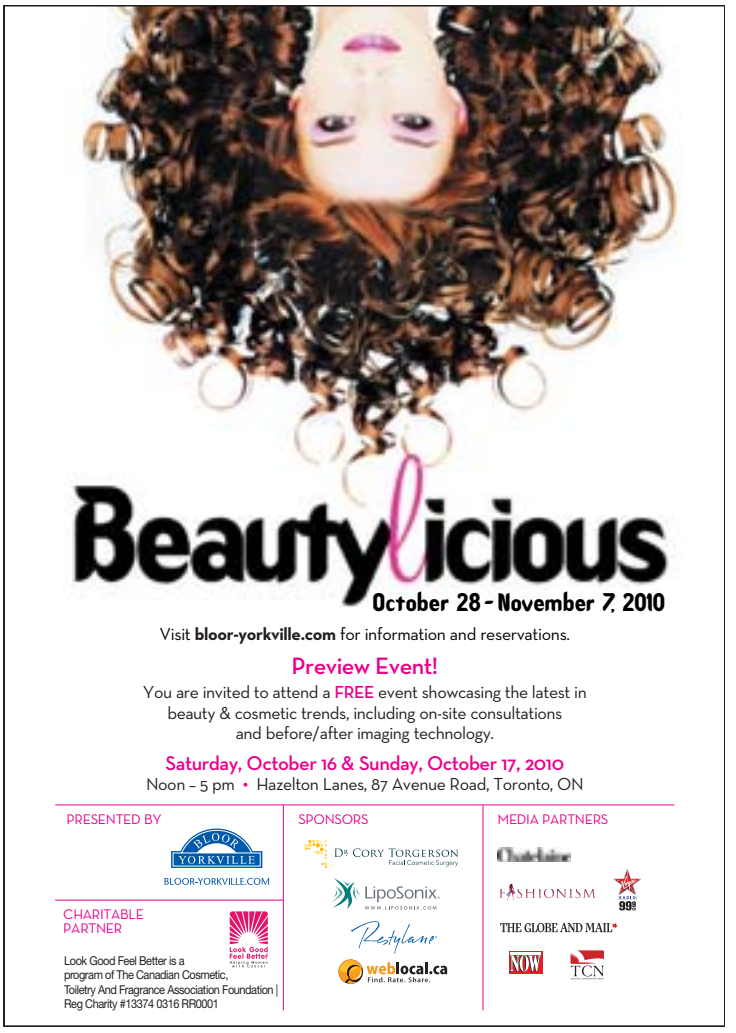
In addition to the usual hotly anticipated LG Fashion Week shows, this season's big draw is a slew of new and up-and-coming designers, says fashion stylist Alexis Honce.

She names Amanda Lew Kee as one of her favourites, and LOVAS and Line Knitwear as shows to see.

"I used to style Robin Kay; last season she bought a dress from Duy that was really gorgeous, so I'm excited to see what that designer is doing as well."

Duy's show is Friday evening at 5pm.

Making an appearance on Wednesday is celeb stylist Phillip Bloch. Offsite shows include VAWK, by designer Sunny Fong, winner of Project Runway Canada Season 2. VAWK presents at the AGO Monday at 1 p.m. JANINE FALCON



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Buying the best men's cleansers

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Yes, the average woman's facial cleaning regimen would send most men running for the hills.

But merely splashing your face with water at the end of the day (the way most guys seem to do) is hardly a good way to rinse the day off. Here are six highly effective, low-maintenance washes to add to your routine.

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RICHARD PECKETT

Designer referenced contemporary tastes while maintaining classic styling

▶ Some shots of the charming model home at Copper Hills in Newmarket.

Design that's simply Charming

SUITE TALK

RAFAEL BRUSILOW
HOME@METRONEWS.CA

Classic elements lead a charming design in the model home at Copper Hills.

Designer Flora Di Menna referenced contemporary tastes while maintaining classic styling to create a design at the Newmarket development that feels equal parts fresh and refined.

"I wanted to make the suite clean, classic and yet somewhat contemporary. It's traditional in look that's in between a traditional environment and a contemporary environment," Di Menna said.

Aimed at a slightly older demographic, the suite features finishes and details meant to create a relaxed, calming atmosphere, especially in the main living area.

"We went for comfort, the sofas are large and deep so you can cuddle up. We also kept the walls warm and added a splash of colour above the coffee table and we added a bit of a contrast with chrome," Di Menna said.

The main palette focuses on greys, taupe tones and browns mixed with cream colours, spruced up with brighter colours in accessories like flowers and combined with traditionally elegant furniture in order to keep the overall design as timeless as possible.

"All of the colours and patterns are on the accessory pieces which are easy to change. The design of the furniture is not funky, they are all solid pieces that can stay for years to come because they're classic in design," Di Menna said.

The final look creates a sense of harmony that still feels consistently intriguing.

"There's a nice marriage between the colour, tones style and the proportions — the way the colours are positioned creates a harmony in the space. Every time you look around there's a new experience," Di Menna said.

Meet the condo

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Make your bedroom a calming oasis

Debbie Travis shares some easy ways to turn your bedroom into a restful retreat ● Designer draws inspiration from boutique hotels

HOMES IN STYLE

HEATHER BUCHAN
HOME@METRONEWS.CA

When it comes to decorating, many of us tend to focus on the public spaces in our homes — living room, dining room and kitchen — often at the neglect our bedroom, the place where we recharge every night for the following day. The calmer and more serene and comfortable the bedroom environment, the better we sleep.

Debbie Travis — Canada's beloved design guru, who's new show All For One with Debbie Travis premieres this Sunday at 9 p.m. on CBC — shares some easy ways to turn your bedroom into what it should be: a calming oasis.

"I love doing bedrooms more than anything else," says Travis, adding that she derives bedroom design inspiration from the boutique hotel industry that has cropped up around the globe over the past decade. "These hotels are not the chains. They've built an industry on creating oasis, uniqueness and individuality, so you can derive so much inspiration for them."

According to Travis, the focal point of the room is the bed, so play that up. "I think it's a matter of turning your bed into something really amazing," she says, pointing to the current trend in oversized headboards covered with graphic, colourful fabric. "And of course, lovely crispy sheets," she adds.

A must for Travis is flanking the bed with side tables and lamps. Not only is this a matter of practicality, but visually it add symmetry and grounds the bed in the room. "A lot of people are against carpet, but it's coming back big time," says Travis, who is currently installing carpet in the bedrooms of her home in London, England. "They're just so cozy."

And when it comes to colour, Travis advises opting for richer colours like oranges and reds and pinks because "they give you a lovely glow and you want to look a bit sexy in the bedroom."

In All for One with Debbie Travis, the TV icon visits different Canadian towns where she surprises the locals with plans for a stunning home construction project as a reward for an unsuspecting community hero.

1

2

3

4

5

1 WEST ELM $34
This Sculpted Origami Pillow Cover made from 100 per cent wool, is cleverly pintucked to create a sculptural accent when stacked at the head of the bed. Accommodates a 20-inch square pillow insert (sold separately); westelm.com

2 WEST ELM $59 (EACH)
These oh-so-soft handknit, acrylic/wood blend throws (in ivory, platinum and oregano) add a soft, textural and inviting element when spread across the base of a bed; westelm.com.

3 CANADIAN TIRE $69.99
A pair of Debbie Travis Luxe Table Lamps on each bedside table not only provides great reading light, but a hint of glamour from the contemporary metallic bulb-shaped base; canadiantire.ca.

4 CANADIAN TIRE $39.99
No-fuss drapes are an ideal finishing touch to any bedroom and this polyester/wool blend Debbie Travis Herringbone Panel (54-by-84-inch) in cream or brown are an inexpensive way to instantly take your bedroom from drab to fab; canadiantire.ca.

5 CRATE&BARREL $999
An area rug not only provides warmth underfoot, but this 8-by-10-foot hand-loomed soft wool Marcella Rug with stripes of violet, raisin, magenta and cream brings a luxurious pop of rich colour to a bedroom retreat; crateandbarrel.com.

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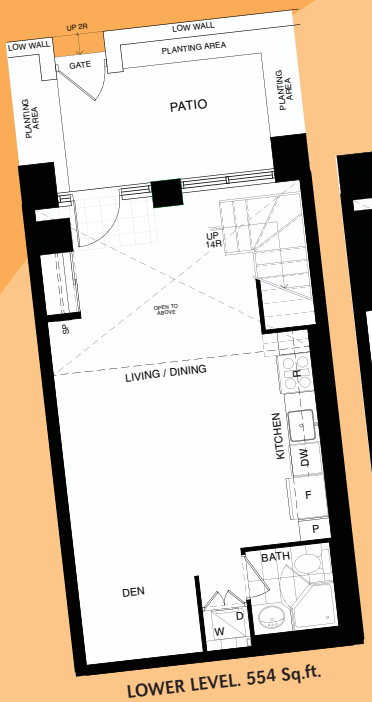

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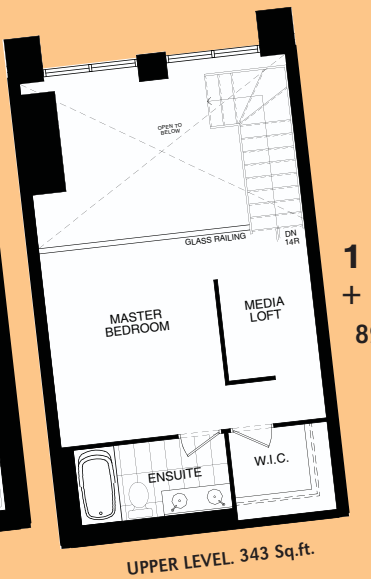

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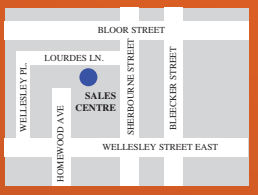

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Beautiful bathrooms

Designers offer tips for creating a space that is both fabulous and truly personal yet not too lavish

SARAH DORIO/THE ASSOCIATED PRESS

▶ Designer Brian Patrick Flynn updated this bathroom by painting hardwood floors white with porch and deck paint.

SARAH DORIO/THE ASSOCIATED PRESS

▶ Flynn favours baths in all white, black and white, or white with charcoal.

Five years ago, the ideal master bathroom was supposed to be large and lavish, with a huge Jacuzzi tub and a long marble vanity.

Times have changed, of course, and so have budgets. "Everyone's scaling down in every single room," says Sabrina Soto, a real estate agent and host of HGTV's Real Estate Intervention and Get It Sold.

And yet, Soto says, people still want their bathroom to be something special. It's where their day begins and ends, "so it's really a destination for them within their homes."

How can you create a fabulous bathroom without overspending?

Soto, decordemon.com founder Brian Patrick Flynn and Los Angeles-based interior designer Betsy Burnham weigh in on the best ways to create an extraordinary, truly personalized bathroom:

CUSTOM CREATIONS

Burnham often makes medicine cabinets for clients. It's surprisingly simple: "The contractor or builder creates a box for me, and I pick a wonderful frame at my framer and have a mirror made. We use a big hinge on the side that opens 180 degrees."

Rather than buying a complete sink and vanity, Flynn suggests choosing a cabinet or dresser at a flea market and then having a sink fitted into the top. Choose a cabinet with legs if you want the illusion of more floor space.

Vessel sinks, where the bowl rests above the vanity, can work well with this kind of design. They come in a huge array of colours and materials. But Burnham cautions that they are very trendy right now and might feel dated as time passes.

THE RIGHT MATERIALS

Consider the overall design of your home as you choose the permanent elements of the bathroom.

"A more classic bath in a classic, traditional house really does ask for ceramic tile" in crisp white or a soft cream, Burnham says. "If you've got a more modern house, and you're putting in metal windows, then I love stone" for floors, countertops and even walls.

Other possibilities: "People are now going into the eco-friendly options, like bamboos or recycled glass," says Soto. "And recycled tires and paper are being used for countertops — it's really durable."

If the walls are a solid, neutral colour, Burnham likes to go "a bit crazier on the floors, like a black and white pattern or a stone mosaic."

A wooden bathroom floor is also a possibility. The wood can be treated to resist moisture and can be painted any colour.

What about wallpaper? It's popular right now, but it's more common in small powder rooms than in master baths.

CHOOSING HUES

Like Burnham, Flynn favours baths done in all white or black and white. These choices "never get old," he says, "and then any single colour you mix in will go great."

Flynn also likes white in contrast with charcoal or black/brown (which he describes as "basically a mix of super-dark brown and charcoal, richer than black and not as harsh").

You can bring in a bold accent colour by painting one wall, or just through towels and accessories.

Also, Flynn says, consider how a given colour makes you look in the bathroom light. This is a place where "you spend a lot of time looking at yourself," he says, and if the walls give off a greenish hue you may not feel very attractive first thing in the morning.

THE ASSOCIATED PRESS

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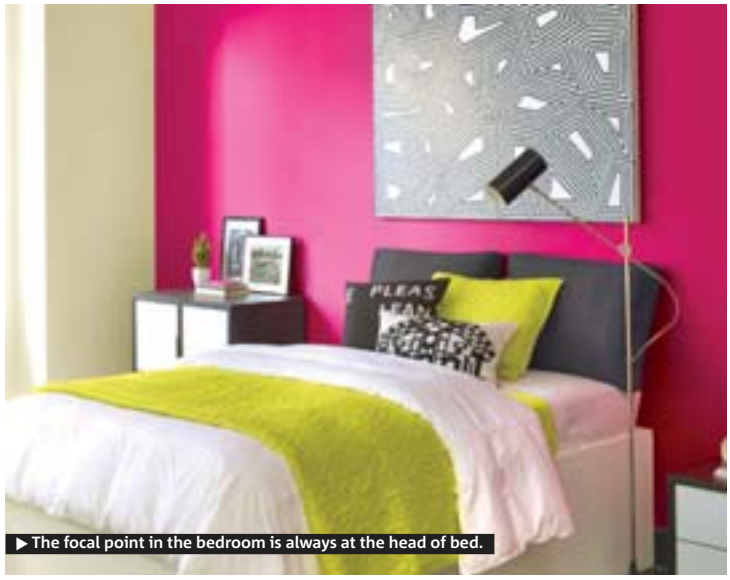

▶ The focal point in the bedroom is always at the head of bed.

Add pizzazz to your walls

Focal wall can add style and drama to your space

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

One of the hardest things about living in a new rental condo or home is the lack of character and charm. A new space is often designed in a simple, clean style, and is not conducive to adding moldings, French doors, fancy mantels or ornate light fixtures.

Adding a focal wall of colour can help to ground a space — and add much needed charm to a world of beige that is void of personal style.

Finding your focal wall

The focal wall is most often the first wall you see when you enter a room. In the bedroom it is always the head of bed; in the living room it's the wall where a fireplace or television is placed and in the bathroom it's where the vanity mirror hangs.

What not to turn into a focal wall

Hallways — paint it all a fabulous colour or leave it alone. Small kitchen — adding another element into a small kitchen will visually cramp its style. A mirrored wall acts as an opposite to a focal wall. Stairwells — having one wall painted different will set off your equilibrium.

▶ An oversized clock creates a sense of grandeur and size. This can make a small room appear larger.

How to choose the right paint colour

Select the opposite colour in the main fabric of a sofa, duvet or shower curtain as your paint colour. This will help the largest, most fashionable items in the room stand out.

If you don't have a variety of colours to choose from, then choose a richer, darker version of the neutral you currently have in the room. If you are a creative type, you can use a fashionable colour like pink and then add contrasting coloured accents around the room. It's a great way to make an otherwise boring room come to life.

Other options for focal walls

Fabric — either draped or padded. They create a cozy feeling to a room and are great options for insulating a room for sound. Wood paneling — my favourite is painted beaded board. A rich paneled wall of wood can really help to give a library-look to a room. Wallpaper — this is on the way back. I suggest big, bold patterns; paint the remaining walls the same background colour as is in the wallpaper.

Fill a wall with tons of art. Mix and match your art but keep the frames somewhat similar. Hang oversized maps, blueprints or clocks for a better sense of grandeur and size. This can make a small room appear larger.

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BRIAN G KOEHL/THE ASSOCIATED PRESS/HANDOUT

▶ Brian G. Koehl bought second-hand windows and doors to construct the building that houses his roses and vegetables. The master gardener saved money by using old materials.

Used building materials find a new home

Secondhand items add interest and can help save money on home-improvement projects

BRIAN G KOEHL/THE ASSOCIATED PRESS/HANDOUT

▶ It took Koehl about a year to buy the materials to build his backyard greenhouse.

It took Brian Koehl about a year to buy the materials to build a backyard greenhouse.

Koehl, a master gardener from Waller, Texas, bought secondhand windows and doors to construct the building that houses his roses and vegetables. Using old materials saved him money, and added interest to the structure.

"I really liked the look of using old windows," he said. "It met all of my needs."

Many homeowners these days are considering using secondhand items for home-improvement projects.

"The interest keeps growing," said Justin Green, program director for Build It Green NYC, in New York City. "The No. 1 driver is you can save a lot of money. The No. 2 is people are interested in being green."

Used building supplies can cost 50 per cent to 90 per cent less than new, said Shane Endicott, executive director of the Rebuilding Center in Portland, Ore.

"It's a huge motivator for people to reuse," he said.

Lots of large cities, including Seattle, Los Angeles and Austin, Texas, now have stores that sell used building materials, such as lumber, kitchen cabinets, lighting fixtures and sinks. Many of the stores are operated by Habitat for Humanity, which sells donated goods to raise money to build houses (using new materials) for low-income families.

Some of the resale shops also operate deconstruction businesses that tear down old buildings to salvage as much material as possible.

"Our goal is to be competitive with the wrecking ball," said Tom Longstreth, executive director of RESOURCE, a non-profit that offers deconstruction services and sells used building materials in Burlington, Vt. "It really is a win-win. There's a huge volume we are able to keep out of landfills."

Karen and Bradford (Skip) Hardy routinely find quality materials they could not normally afford at RESOURCE. Past purchases have included bathroom faucets and windows.

"We seem to get lucky. We get there at the right time," Bradford Hardy said. "On a bad year, we probably spend 2,000 bucks there. In a good year, we spend eight to $10,000."

The store also allows the couple to indulge their creative sides. He recently found large wooden pipes from an old organ, and intends to use them for giant garden wind chimes. She has turned old tile pieces into coasters.

Pam Kueber of Retrorenovation.com hears from lots of secondhand-goods shoppers who have found creative uses for old building materials and household products.

"This is something you do out of joy and creativity as much as utility and frugality," said Kueber.

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MORTGAGE RATES REMAIN FRIENDLY FOR HOMEBUYERS

Each month, homebuilders receive a two-page Canadian Housing Industry Economic Update authored by Dr. Peter Andersen, consulting economist to the Canadian Home Builders' Association. This internal newsletter tells it like it is, for better or worse, and the sub-titles in the most recent issue paint a very positive picture: Better Economic News; The U.S. Recession is Officially Over; and Homebuyer Friendly Interest Rates.

Speaking directly to homebuilders, Andersen writes, "We remain positive for the housing market outlook in Canada. Mortgage interest rates are not going up sharply anytime soon and the next recession is unlikely until mid-decade at the earliest."

On the subject of interest rates, Andersen states that "it is important to remember that mortgage rates are determined by the bond market and not by the Bank of Canada. Media headlines that higher interest rates are a problem for housing markets are off base. Mortgage rates have been declining even though the Bank of Canada has raised its overnight interest rate target three times. The special offer one-year closed mortgage rate is currently only 2.90 per cent. The five-year rate is 3.99 per cent. The closed five-year variable rate is being quoted at 10 basis points under prime. It was 100 basis points over prime not that long ago."

Andersen continues that in its press release announcing the Sept. 8 interest rate decision, the Bank of Canada pointed out that credit conditions have actually eased in recent weeks as a result of sharp declines in global bond yields.

"The new home builders' fall selling season will be a direct beneficiary of this easing. We expect more Bank of Canada increases in overnight rates at its Oct.19 and Dec. 7 interest rate announcement dates. However, there will be little impact on mortgage rates. They will continue to be very homebuyer friendly," Andersen said.

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Sushi Couture — Fresh seafood hits The Annex

STEPHANIE DICKISON/FOR METRO CANADA

▶ Sushi Couture's fare is fresh and delicious.

▶ The Annex is crammed with sushi joints ▶ But new Sushi Couture has brought its A game and impressed

LUNCH RUSH

STEPHANIE DICKISON
LIFE@METRONEWS.CA

The price is right and the food is fresh at Sushi Couture. Lunch Specials, offered from 11 a.m. to 3 p.m., gets you soup, salad and your dish of choice for as low as $7.99. My companion and I each choose Sushi Combo # 1 ($11.99) — 8 pieces sushi (tuna, salmon, B.C. tuna, butterfish and shrimp) and crunchy salmon maki.

Delicate tunas taste of the sea. Rich butterfish, silky salmon and moist, sweet shrimp complete a stunning array of sushi.

There are missteps — the crunchy salmon maki is actually tuna, neither of us receives a salad (we are never told why) and returning customers get fawned over while new ones like us were dismissed — but the seafood is outstanding.

Fantastic food will only take you so far in this business. Let's hope the rest falls into place.

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Serving up slow cooker praise

Victoria, B.C., chef and food writer Eric Akis wasn't always enamoured with slow cookers, regarding them as "not the greatest appliance."

But all that changed five years ago when readers of his newspaper column began begging for slow cooker recipes.

"My work forced me to create recipes and when I tested beef chili the first time, I lifted the lid of the cooker after eight hours and said, 'Oh my gosh this is really good,'" says Akis.

He did a great deal of research of slow cooker books and found there appeared to be many different opinions on preparing food in slow cookers. These ranged from how to thicken dishes to whether you should put ground spices into the cooker at the beginning or the end of the process.

"My work forced me to create recipes and when I tested beef chili the first time, I lifted the lid of the cooker after eight hours and said, 'Oh my gosh this is really good.'"
CHEF ERIC AKIS

The result is his excellent guide for slow cooker users.

The book, Everyone Can Cook Slow Cooker Meals: Recipes for Satisfying Mains and Delicious Sides, is Volume 6 of Akis' Everyone Can Cook series.

He wanted to add side-dish recipes to the book because, "I was coming up with some knock-out entrees from the slow cooker and I wanted to have sides to complement them," he says.

Although the slow cooker has been around since the 1970s, it has become a culinary trend for busy working families and even singles, Akis says.

"The most versatile cooker is the 4.5- to 6.5-l oval shape," he suggests, "because if you are cooking lamb shanks you can lay them out in a single layer as opposed to a round one."

He prefers the large size because anything left over can be frozen for another meal.

"And for singles, most of my recipes can easily be cut in half," Akis says.

THE ASSOCIATED PRESS

Recipe: Mushroom Focaccia

Focaccia is an Italian flatbread like pizza without the sauce and the dough is thicker. This oven version is topped with a mushroom mixture and Parmesan cheese.

Mushroom Focaccia

Preparation:

1. Lightly grease a baking sheet and place dough on it; with floured hands press out dough to 28-by-18-cm (11-by-7-inch) oval. Brush with 10 ml (2 tsp) of the oil and let rise in a warm place for 45 to 60 minutes.
2. Meanwhile, heat remaining oil in a large skillet; saute mushrooms and onion for 4 minutes or until moisture has evaporated; add oregano and garlic, cook for 1 more minute, then let cool slightly.
3. With thumb or end of wooden spoon, make dimpled surface on focaccia; top with mushroom mixture, pressing lightly into dough. Top with olives, if using, black pepper and Parmesan.
4. Bake in a 200 C (400 F) oven for 20 to 25 minutes or until bottom is lightly browned and crisp. Let cool slightly on wire rack. Cut in wedges or slices to serve. Makes 12 servings.
5. Tips: To create a warm place for dough to rise, turn oven on to 100 C (200 F) for 1 minute, then turn off and place dough in warm oven. Kalamata or nicoise olives cured in oil or brine are more flavourful than canned.
6. Variation: Crumble goat cheese on top of baked focaccia and return to warm oven just to melt. Pass oil flavoured with herbs or spices to drizzle as desired. **THE ASSOCIATED PRESS**

Ingredients :

- 500 g (1 lb) pizza dough or frozen bread dough, thawed
- 45 ml (3 tbsp) olive oil, divided
- 375 ml (¾ lb) fresh mushrooms, thinly sliced (white, cremini, portobello, shiitake, oyster)
- 250 ml (1 cup) thinly sliced red or sweet onion
- 7 ml (1½ tsp) dried oregano or Italian mixed herbs
- 1 clove garlic, minced
- 8 black olives, pitted and sliced (optional)
- Coarsely ground black pepper, to taste
- 15 ml (1 tbsp) grated Parmesan cheese

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Congratulations to our **TOP 10** iPod touch® contest winners. Thanks for sharing how you connect with people and places in Mississauga.

#7 I connect with all of the wonderful people that I work with at Delphax Technologies. This is something that I have been doing by bicycle, car and bus for nearly 30 years. With any luck, I will continue to do it for many more.

Chris Thomson

#6 Transit connects me to my academics at University of Toronto in Mississauga. It connects me with my friends over lunch at Square One, with my family during our weekends in Port Credit, and with my music during a long commute. **MiWay** connects me to my city.

Rebecca Rodrigues

#5 If I have to get to Toronto, I catch the bus to Islington. For Oakville, Meadowvale or Clarkson I head to Square One and catch the ever ubiquitous 110 to catch whatever connecting bus I require. Whether it's seeing friends or getting to school, I'm really lucky my area is as well connected as it is.

Nik Szafranek

Look for more winners in next week's paper!

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Burnett shaky in simulated game

A.J. Burnett got on the mound and plunked Greg Golson on an arm. Then he whacked Austin Kearns.

Burnett's simulated game was a hit — twice — yesterday as he prepared for his start against Texas in the AL championship series.

"It's different when they're our guys. They know I didn't mean to do it. But it's still not a good feeling," the struggling starting pitcher said. Burnett was dropped from the New York Yankees' rotation for the AL division series against Minnesota. But manager Joe Girardi doesn't want to bring back CC Sabathia, Andy Pettitte and Phil Hughes on short rest for the latter part of the best-of-seven series against the Rangers, which starts tomorrow in Texas.

So Burnett will start Game 4, his first game action since Oct. 2. He threw 80 pitches in the simulated game, with Girardi and pitching coach Dave Eiland watching part of it from behind the mound.

THE ASSOCIATED PRESS

5.26

Burnett was 10-15 with a 5.26 ERA during the regular season, but just 4-13 with a 6.48 ERA over the final four months and 1-7 from Aug. 1 on.

KATHY WILLENS/THE ASSOCIATED PRESS

▶ Yankees pitcher A.J. Burnett laughs yesterday as a ball comes his way during a workout.

Problems continue to pile up for Favre

Elbow injury could force Vikings quarterback to miss Sunday's game

Brett Favre's latest problem is his elbow.

With the NFL investigating whether he sent lewd photos of himself to a Jets game hostess while he played for New York in 2008, Favre said yesterday that his cherished, league-record streak of 289 straight starts could be in danger if the pain in his right elbow gets any worse.

The 41-year-old quarterback did not practise with Minnesota yesterday, preferring to rest the tendinitis that flared up noticeably Monday night in the Vikings 29-20 loss to the Jets.

"I don't want to play just to play," Favre said. "It's kind of a funny injury. It could flare up and get worse."

It's even more adversity for Favre this season, which so far has been anything but a repeat of last year's charmed run to the NFC title game.

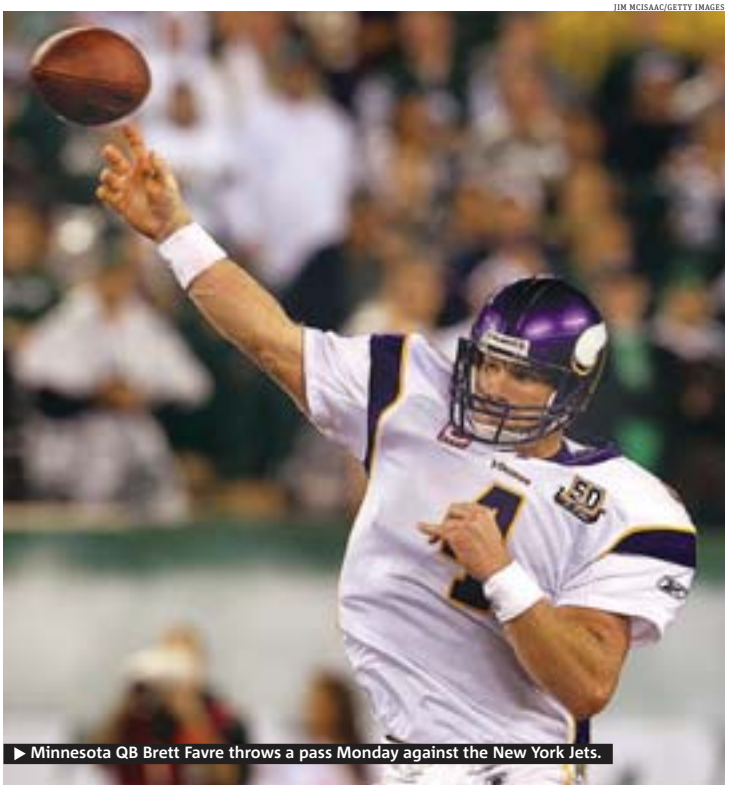
Commissioner Roger Goodell said Tuesday there is no timetable for completing an investigation into a Deadspin report that Favre sent inappropriate messages and photos to Jenn Sterger in 2008.

And the Vikings are off to a 1-3 start heading into what they call a must-win game against Dallas Sunday. THE ASSOCIATED PRESS

"The guy is so resilient and has his priorities straight, and I think in the midst of a tough, tough situation, across the board, I think he's handled it really well."

VIKINGS KICKER RYAN LONGWELL

JIM MCISAAC/GETTY IMAGES



▶ Minnesota QB Brett Favre throws a pass Monday against the New York Jets.

4 sports

Quoted

"We are sorry. For the way the season has played out and for not bringing the excitement of Major League Soccer (MLS) playoff soccer to BMO Field. We fell short of our goals and, more importantly, your expectations. But most of all, we are sorry for not listening better."

FROM A STATEMENT SENT BY TORONTO FC TO ITS SEASON TICKET HOLDERS YESTERDAY. THE 8-13-7 MLS TEAM FIRED ITS COACH AND GENERAL MANAGER LAST MONTH.

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Tennis. Shanghai Masters

▶ Roger Federer gestures to spectators after defeating John Isner yesterday in Shanghai.

EUGENE HOSHIKO/THE ASSOCIATED PRESS

Federer back with win

Roger Federer marked a winning return to play yesterday with another between-the-legs shot in his 6-3, 6-4 victory over American John Isner at the Shanghai Masters. Federer played his first match since the U.S. Open, where he lost to Novak Djokovic in the semifinals. He showed few signs of rustiness as he moved into the third round, joining top-ranked Rafael Nadal, Andy Murray and Djokovic. Andy Roddick retired from his match against Guillermo Garcia-Lopez because of a thigh injury while leading 6-3, 2-3.

The good, the bad and the 49ers

Now that every NFL team has played at least four games, it's time for some awards to recognize the best and worst of the season so far

The Chiefs

Overachievers

OK, who out there predicted through five weeks that the Buccaneers, Chiefs and Bears would be on top of their divisions? We know, all of them could (and likely will) fall back into the pack, but for now, they are the true success stories of 2010.

Underachievers

Going the other way are two of 2009's elite teams, the Cowboys and Vikings, and one predicted by many to be a playoff qualifier this season, the 49ers. Dallas and Minnesota are killing their chances with silly mistakes, while San Francisco has fallen to 0-5 through inconsistent play and some awful coaching.

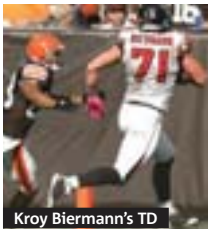
Anquan Boldin

Best additions

New Ravens WR Anquan Boldin is on pace for almost 90 catches and double-digit TDs. The addition of dynamic DE Julius Peppers has made Chicago's linebackers that much more effective. The Jets brought in LaDainian Tomlinson to complement Shonn Greene, but LT looks like the vintage back of a few years ago, when he was destroying defences and setting records.

Worst additions

Arizona somehow thought Derek Anderson could be a facsimile of Kurt Warner when it signed him as a free agent. Anderson already has lost his job to undrafted rookie QB Max Hall. Cincinnati gave Antonio Bryant a four-year, $28-million contract, but the WR didn't make it out of the pre-season. Defensive lineman Jarvis Green and his guaranteed $3.55 million failed to make the Broncos roster.



Kroy Biermann's TD

Best play

Anyone who hasn't seen Kroy Biermann's hat trick at the end of the Falcons' win last Sunday in Cleveland should head directly to YouTube. The defensive end leaped to tip a pass, caught the deflection with a headfirst dive, rolled on the ground, alertly jumped to his feet and outran Browns players for a spectacular touchdown in the fourth quarter.

Worst play

After botching a mid-air chest bump following a Cowboys touchdown, Marc Colombo somersaulted across the end zone, drawing a flag for excessive celebration. The penalty was assessed on the ensuing kickoff, and it led to a long return followed by a short touchdown that gave the Titans a 34-27 victory.

THE ASSOCIATED PRESS

Sports in brief

Braves name new manager

MLB. Less than 48 hours after Bobby Cox wrapped up his managing career, the Atlanta Braves introduced former Florida manager Fredi Gonzalez as his replacement.

The announcement yesterday was widely expected since Gonzalez was fired in June by the Marlins.

Gonzalez served as the Braves' third-base coach from 2003-06.

THE ASSOCIATED PRESS

Injury woes get worse for Packers

Already hammered by injuries, the Green Bay Packers now may be without tight end Jermichael Finley and linebacker Nick Barnett for the rest of the season.

Both players had surgery this week and will need more time than originally was expected to recover. Packers coach Mike McCarthy said placing them on season-ending injured reserve is "definitely" an option, although the team may wait until next week to make a final decision.

"Getting the current players that we have on our roster healthy to win this football game is our focus," McCarthy said. "Now, once we get to next week I think we'll probably get a little more urgency on what we are going to do."

14
Number of players listed on the Packers' latest injury report.

Finley hurt his right knee in Sunday's overtime loss at Washington, and Barnett hurt his left wrist in a victory over Detroit a week earlier.

It's the latest in a staggering series of losses for the Packers, who are preparing for Sunday's game against Miami without several of their top players.

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LEADERSHIP WOES

CFL Extra Points

DAN TOTH

It's no surprise the B.C. Lions have released petulant quarterback Casey Printers.

Inconsistent performance is one thing, but when the club's leader throws his helmet and points fingers at teammates, as Printers did after their loss Monday in Winnipeg, you know the problem is a lack of leadership. Same for Lions cornerback Davis Sanchez, who took exception when a Bombers player spiked the ball after a touchdown.

Sanchez's roughing penalty and taunting infraction helped spark the Bombers' comeback win while head coach Wally Buono did a slow burn on the sidelines. The Bombers resulting comeback victory has even given the hapless Edmonton Eskimos a glimmer of hope that they can catch B.C. for the final playoff spot in the CFL's West Division.

CAHOON'S CAREER

One look at Ben Cahoon and you just know he's too small to play football, possibly too slow and definitely too old.

Well, Cahoon continues to prove the critics wrong as he eclipsed Terry Vaughn's career receptions record with his 1,007th catch last weekend against Calgary in his 13th pro season.

The 10-time all-star and two-time Grey Cup Most Outstanding Canadian seemed embarrassed by the attention his record received but he's certainly deserving of the accolades.

BIG GAME FOR ARGOS

There are no playoff games in October but the Toronto-Hamilton clash tomorrow night will feel like a post-season matchup. With four games remaining and tied in the CFL East with 7-7 records, it will likely be a preview of the East semifinal and the winner will move one step closer to facing Montreal in the final.

BACK TO BACK

What is it about the CFL that makes it almost impossible to win both halves of back-to-back games? Last week Calgary, Saskatchewan, Edmonton and B.C. all failed to claim the second half of doubleheaders. One argument is that league parity makes each of the teams more closely matched, making it that much harder to sweep a two-game series. But the winning team in Game 1 also has to reinvent its offence the following week because the losing team's defensive game plans to stop what it couldn't the first time around.

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Photo courtesy of Julie Lefebvre, France, Metro Photo Challenge Local Finalist 2009.
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Cayo Coco	$85	
Travel Oct 26 - Nov 2/wg		+ taxes & fees $220
St Maarten	$149	
Travel Oct 29 - Nov 5/ts		+ taxes & fees $250
Vancouver	one-way $175	
Travel Nov 10/ac		+ taxes & fees $61
New York	$196	
Travel Oct 27 - Nov 3/la		+ taxes & fees $106
Bermuda	$198	
Travel Nov 10 - Nov 17/ws		+ taxes & fees $105
London	$199	
Travel Oct 25 - Nov 11/ts		+ taxes & fees $437
Myrtle Beach	$236	
Travel Nov 6 - Nov 13/ac		+ taxes & fees $140
Turks & Caicos	$299	
Travel Oct 30 - Nov 6/ac		+ taxes & fees $258
Beijing	$699	
Travel Nov 15 - Nov 24/ua		+ taxes & fees $337
Bangkok	$865	
Travel Nov 10 - Nov 23/ay		+ taxes & fees $456
Sydney	$979	
Travel Oct 28 - Nov 18/ua		+ taxes & fees $375

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Departs Oct 20/swg/wg.

Jamaica 7 Nights 4-Star $487
Holiday Inn Sunspree + taxes & fees $279
Departs Oct 30/nol/ts.

Bahamas 4 Nights 4.5-Star $607
Riu Paradise Island Resort + taxes & fees $254
Departs Nov 7/sqv/qk.

Costa Rica 7 Nights 3-Star $645
Villas Sol Resort + taxes & fees $219
Departs Nov 1/swg/wg. **UPGRADE** to 4-star Barcelo Langsta Beach for $19 per night.

Barbados 7 Nights 3.5-Star $1229
Amaryllis Beach Resort + taxes & fees $102
Departs Oct 25/wsv/ws

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Excalibur Hotel & Casino + taxes & fees $163
INCLUDES accom on the Las Vegas Strip. Departs Dec 29/wsv/ws.

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INCLUDES Manhattan accom. Departs Dec 21/ggv/ac. **ADD** Top of the Rock observation pass for $21.

Punta Cana 7 Nights 4-Star $837
Sirenis Cocotal + taxes & fees $332
Departs Dec 20/sqv/qk. **UPGRADE** to 5-star Riu Bambu for $40 per night.

Honolulu Air + 7 Nights $1009
Ohana Waikiki West + taxes & fees $130
INCLUDES Waikiki accom. Departs Dec 20/ggv/dl. **UPGRADE** to 4-star accom from $21 per night.

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Florida Air + 7 day Car $329
+ taxes & fees $109
INCLUDES 7 day car rental with unlimited mileage. **UPGRADE** from midsize to convertible from $13 per day. Departs Nov 9/ggv/dl. **ADD** a night at the Holiday Inn Key Largo from $179 per night.

California Air + 7-Day Car $419
+ taxes & fees $113
INCLUDES 7-day car rental with unlimited mileage. **UPGRADE** from midsize to convertible from $17 per day. Departs Nov 1/ggv/dl. **ADD** on 2 nights at the Napa Valley Marriott from $139 per night.

Chicago Air + 3 Nights $439
Chicago's Essex Inn + taxes & fees $191
INCLUDES central accom. Departs Nov 19/hhn/pd.

Boston Air + 3 Nights 4-star $469
Royal Soneta Hotel + taxes & fees $153
INCLUDES accom close to downtown. Departs Nov 19/hh/pd.

Phoenix Air + 3 Nights 4-star $509
Pointe Hilton Tapatio Cliffs + taxes & fees $130
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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	3	2	0	1	0	8	6	5	1-0-0-0	1-0-1-0	2-0-1-0	W1
d-Toronto	2	2	0	0	0	8	3	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
d-Carolina	2	2	0	0	0	6	4	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
Washington	3	2	1	0	0	12	8	4	2-0-0-0	0-1-0-0	2-1-0-0	W2
NY Islanders	2	1	0	0	1	10	9	3	1-0-0-1	0-0-0-0	1-0-0-1	W1
Tampa Bay	1	1	0	0	0	5	3	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
NY Rangers	2	1	1	0	0	10	9	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
Boston	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	W1
Montreal	2	1	1	0	0	5	5	2	0-0-0-0	1-1-0-0	1-1-0-0	W1
Atlanta	3	1	2	0	0	8	10	2	1-0-0-0	0-2-0-0	1-2-0-0	L2
Buffalo	3	1	2	0	0	8	11	2	0-2-0-0	1-0-0-0	1-2-0-0	L2
Pittsburgh	3	1	2	0	0	7	7	2	0-2-0-0	1-0-0-0	1-2-0-0	W1
New Jersey	3	0	2	1	0	6	14	1	0-1-1-0	0-1-0-0	0-2-1-0	L3
Ottawa	3	0	2	1	0	4	10	1	0-1-0-0	0-1-1-0	0-2-1-0	L3
Florida	2	0	2	0	0	3	5	0	0-0-0-0	0-2-0-0	0-2-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	3	2	0	0	1	11	7	5	1-0-0-1	1-0-0-0	2-0-0-1	L1
d-Dallas	2	2	0	0	0	9	7	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
d-Edmonton	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
St. Louis	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
Colorado	3	2	1	0	0	11	11	4	1-0-0-0	1-1-0-0	2-1-0-0	W1
Los Angeles	3	2	1	0	0	6	5	4	1-0-0-0	1-1-0-0	2-1-0-0	W1
San Jose	2	1	0	1	0	5	5	3	1-0-0-0	0-0-1-0	1-0-1-0	L1
Vancouver	2	1	0	0	1	3	3	3	1-0-0-1	0-0-0-0	1-0-0-1	W1
Chicago	3	1	1	1	0	9	10	3	0-1-0-0	1-0-1-0	1-1-1-0	W1
Nashville	1	1	0	0	0	4	1	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
Columbus	2	1	1	0	0	5	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Phoenix	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	L1
Calgary	2	1	1	0	0	3	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Minnesota	2	0	1	0	1	4	6	1	0-1-0-0	0-0-0-1	0-1-0-1	L2
Anaheim	3	0	3	0	0	2	13	0	0-0-0-0	0-3-0-0	0-3-0-0	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SOL (shootout loss) column.

Last night's results
New Jersey at Buffalo
N.Y. Islanders at Washington
Tampa Bay at Montreal
Toronto at Pittsburgh
Nashville at Chicago
Vancouver at Anaheim
Tuesday's results
Colorado 5 Detroit 4 (SO)
Los Angeles 3 Atlanta 1
Tonight's games
(All times Eastern)
Tampa Bay at Philadelphia, 7 p.m.
Carolina at Ottawa, 7:30 p.m.
St. Louis at Nashville, 8 p.m.
Edmonton at Minnesota, 8:30 p.m.
Detroit at Dallas, 8:30 p.m.
Florida at Calgary, 9 p.m.
Tomorrow's games
Colorado at New Jersey, 7 p.m.
Toronto at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Chicago at Columbus, 7 p.m.
Montreal at Buffalo, 7:30 p.m.
Atlanta at Anaheim, 10 p.m.
Vancouver at Los Angeles, 10:30 p.m.

LATE TUESDAY

KINGS 3, THRASHERS 1

First Period
No Scoring.
Penalties — Smyth LA (hooking) 2:55, Handzus LA (hooking) 6:14, Bergfors Atl (holding) 7:19, Johnson LA (closing hand on puck) 11:00.
Second Period
1. Atlanta, Thorburn 2, 2:26
Penalties — Scuderi LA (delay of game) 19:25, Kane Atl (holding) 19:48.
Third Period
2. Los Angeles, Smyth 1 (Williams, Kopitar) 3:53
3. Los Angeles, Stoll 1 (Smyth, Mitchell) 6:10
4. Los Angeles, Smyth 2 (Williams, Stoll) 19:30 (en)
Penalty — Richardson LA (slashing) 9:26.
Shots on goal by

Atlanta	12	9	11	32
Los Angeles	9	13	13	35

Goal — Atlanta: Mason (L,1-2-0); Los Angeles: Quick (W,2-0-0).
Power plays (goals-chances) — Atlanta: 0-5; Los Angeles: 0-2.
Referees — Stephen Walkom, Justin St. Pierre. **Linesmen** — Mark Wheler, Brad Lazarowich.
Att. — 18,118 (18,118) at Los Angeles.

CALENDAR

Nov. 6 — Hall of Fame Game (Buffalo at Toronto).
Nov. 8 — Hockey Hall of Fame induction ceremony, Toronto.
Dec. 26-Jan. 5, 2011 — IIHF World Junior Championships, Buffalo, N.Y.

SCORING LEADERS

	G	A	PT
Roy, Buf	4	1	5
Hossa, Chi	3	2	5
Ovechkin, Wash	3	2	5
Bertuzzi, Det	1	4	5
Comeau, NYI	3	1	4
Dubinsky, NYR	3	1	4
Franzen, Det	3	1	4
Horton, Bos	3	1	4
Filppula, Det	2	2	4
Leopold, Buf	2	2	4
Bailey, NYI	1	3	4
Carlson, Wash	1	3	4
Martin, Pgh	1	3	4
B.Richards, Dal	1	3	4
Ennis, Buf	0	4	4
Liles, Col	0	4	4
Morrow, Dal	3	0	3
Stepan, NYR	3	0	3
Arnott, NJ	2	1	3
Bickell, Chi	2	1	3
Datsyuk, Det	2	1	3
Fehr, Wash	2	1	3
Goligoski, Pgh	2	1	3
Huselius, Clb	2	1	3
D.Jones, Col	2	1	3
Kessel, Tor	2	1	3
Laich, Wash	2	1	3
MacArthur, Tor	2	1	3
Moulson, NYI	2	1	3
D.Sedin, Vcr	2	1	3
Smyth, LA	2	1	3
Stamkos, TB	2	1	3
Vrbata, Phx	2	1	3
Anisimov, NYR	1	2	3
Duchene, Col	1	2	3
Elias, NJ	1	2	3
Fleischmann, Wash	1	2	3

Not including last night's games

MLB

2010 POST-SEASON

DIVISION SERIES

(BEST-OF-7)
AMERICAN LEAGUE
Tampa Bay (E) vs. Texas (W)
(Texas wins series 3-2)
Tuesday's result
Texas 5 Tampa Bay 1
Minnesota (C) vs. N.Y. Yankees (wc)
(N.Y. Yankees win series 3-0)
NATIONAL LEAGUE
Philadelphia (E) vs. Cincinnati (C)
(Philadelphia wins series 3-0)
San Francisco (W) vs. Atlanta (WC)
(San Francisco wins series 3-1)

LEAGUE CHAMPIONSHIP SERIES

(BEST-OF-7)
AMERICAN LEAGUE
Texas (W) vs. N.Y. Yankees (WC)
Tomorrow's game
(All times Eastern)
N.Y. Yankees (Sabathia 21-7) at Texas (Wilson 15-8), 8:07 p.m.
Saturday's game
N.Y. Yankees (Pettitte 11-3 or Hughes 18-8) at Texas (Lewis 12-13 or Hunter 13-4), 4:07 p.m.
Monday, Oct. 18
Texas (Lee 12-9) at N.Y. Yankees (Hughes 18-8 or Pettitte 11-3), 8:07 p.m
Tuesday, Oct. 19
Texas at N.Y. Yankees (Burnett 10-15), 8:07 p.m.
Wednesday, Oct. 20
x-Texas at N.Y. Yankees, 4:07 p.m.
Friday, Oct. 22
x-N.Y. Yankees at Texas, 8:07 p.m.
Saturday, Oct. 23
x-N.Y. Yankees at Texas, 8:07 p.m.
NATIONAL LEAGUE
Philadelphia (E) vs. San Francisco (W)
Saturday's game
San Francisco (Lincecum 16-10) at Philadelphia (Halladay 21-10), 7:57 p.m.
Sunday's game
San Francisco (Cain 13-11) at Philadelphia (Oswalt 13-13), 8:19 p.m.
Tuesday, Oct. 19
Philadelphia (Hamels 12-11) at San Francisco (Sanchez 13-9), 4:19 p.m.
Wednesday, Oct. 20
Philadelphia at San Francisco, 7:57 p.m.
Thursday, Oct. 21
x-Philadelphia at San Francisco, 7:57 p.m.
Saturday, Oct. 23
x-San Francisco at Philadelphia, 3:57 or 7:57 p.m.
Sunday, Oct. 24
x-San Francisco at Philadelphia, 7:57 p.m.
x — if necessary.

LATE TUESDAY

ALDS

RANGERS 5, RAYS 1

Texas	ab	r	h	bi	Tampa Bay	ab	r	h	bi
Andrus ss	5	1	2	0	Bartlett ss	4	0	3	0
MYong 3b	4	0	0	0	Zobrist rf	4	0	1	1
JHmltn cf	4	0	0	1	Crwfrd lf	4	0	0	0
Guerrr dh	4	1	1	0	Longori 3b	4	0	0	0
N.Cruz lf	4	2	3	0	C.Pena 1b	4	0	0	0
Kinsler 2b	4	1	3	3	BUpton cf	4	0	1	0
Francr rf	4	0	0	0	DJhnsn dh	2	0	0	0
BMolin c	4	0	1	0	WAyar ph-dh	1	0	0	0
Morlnd 1b	4	0	1	0	Shppch c	3	0	0	0
SRdrgz 2b	3	1	1	0					
Totals	**37**	**5**	**11**	**4**	**Totals**	**33**	**1**	**6**	**1**

Texas	**100**	**101**	**002—5**
Tampa Bay	**001**	**000**	**000—1**

E—J.Hamilton (1), Shoppach (1), Longoria (2). DP—Tampa Bay 2. LOB—Texas 5, Tampa Bay 5. 2B—N.Cruz (2), Moreland (3), Bartlett (1). HR—Kinsler (3). SB—Andrus (3), N.Cruz (1), B.Molina (1), B.Upton (2).

Texas	IP	H	R	ER	BB	SO
Cl.Lee W,2-0	9	6	1	1	0	11
Tampa Bay						
Price L,0-2	6	8	3	3	0	6
Balfour	1	0	0	0	0	1
Benoit	1	0	0	0	0	1
R.Soriano	1	3	2	2	0	0

Umpires—Home, Jeff Kellogg; First, Mike DiMuro; Second, Tim Welke; Third, Jim Wolf; Right, Bill Miller; Left, Jerry Meals.
T—3:00. A—41,845 (36,973) at St. Petersburg, Fla.

TRANSACTIONS

BASEBALL

NATIONAL LEAGUE

ATLANTA BRAVES — Named Fredi Gonzalez manager. Fired first-base coach Glenn Hubbard and bench coach Chino Cadahia. Named Carlos Tosca bench coach. Reassigned hitting coach Terry Pendleton to first-base coach.
ST. LOUIS CARDINALS — Claimed RHP Bryan Augenstein off waivers from Arizona.
WASHINGTON NATIONALS — Assigned C-OF Bryce Harper to Scottsdale (Arizona Fall).

BASKETBALL

NBA

NEW ORLEANS HORNETS — Signed C D.J. Mbenga.

FOOTBALL

NFL

CLEVELAND BROWNS — Traded RB Jerome Harrison to Philadelphia for RB Mike Bell.
MINNESOTA VIKINGS — Signed CB Frank Walker. Placed CB Cedric Griffin on injured reserve. Signed CB Marcus Sherels to the practice squad. Released TE John Nalbone from the practice squad.
ST. LOUIS RAMS — Signed RB-LB Brit Miller from the practice squad. Signed WR Brandon McRae and LB Mortty Ivy to the practice squad.
TENNESSEE TITANS — Re-signed LB Jamie Winborn. Placed LB Colin Allred on injured reserve.

CFL

WINNIPEG BLUE BOMBERS — Added WR Josh Bishop to the practice roster.

HOCKEY

NHL

LEAGUE OFFICE — Suspended Chicago D Niklas Hjalmarsson two games for delivering a hit from behind that caused injury to Buffalo RW Jason Pominville during Monday's game.
NEW YORK RANGERS — Assigned F Tim Kennedy to Hartford (AHL).
PHOENIX COYOTES — Announced a marketing/player affiliation agreement with Arizona (CHL).
SAN JOSE SHARKS — Assigned G Thomas Greiss to Worcester (AHL).

LACROSSE

NLL

EDMONTON RUSH — Signed D Bruce Murray to a one-year contract.
MINNESOTA SWARM — Re-signed F Ryan Benesch to a three-year contract extension.

SOCCER

MLS

LEAGUE OFFICE — Suspended Chivas USA F Alan Gordon two games for actions taken against Toronto FC D Adrian Cann during Saturday's game.

NBA

PRE-SEASON

Yesterday's results
Philadelphia at Toronto
Minnesota at Indiana
Boston at New York
Miami at New Orleans
At Beijing
Houston 91 New Jersey 81
At Grand Rapids, Mich.
Dallas vs. Detroit
At Las Vegas
Sacramento vs. L.A. Lakers
Tuesday's results
Chicago 109 Toronto 88
Miami 96 CSKA Moscow 85
Minnesota 122 Denver 108
Philadelphia 103 Boston 92
Sacramento 116 Golden State 97
Utah 105 Phoenix 100
Washington 107 Atlanta 92
At Tulsa, Okla.
Memphis 116 Oklahoma City 96
At Mexico City
San Antonio 100 L.A. Clippers 99

GAMES

COMMONWEALTH GAMES

At New Delhi
MEDAL STANDINGS
(After 256 of 272 medal events)

Nation	G	S	B	Total
Australia	72	50	47	169
England	37	56	45	138
India	36	26	34	96
Canada	**26**	**17**	**32**	**75**
South Africa	12	11	10	33
Nigeria	10	10	13	33
Kenya	10	10	8	28
Scotland	9	10	7	26
Singapore	9	8	9	26
Malaysia	8	8	12	28
New Zealand	5	22	7	34
N. Ireland	3	3	4	10
Samoa	3	0	1	4
Wales	2	6	10	18
Jamaica	2	4	1	7
Cyprus	2	3	2	7
Pakistan	2	1	2	5
Uganda	2	0	0	2
Bahamas	1	1	3	5
Sri Lanka	1	1	1	3
Nauru	1	1	0	2
Botswana	1	0	3	4
Cayman Islands	1	0	0	1
St. Vincent	1	0	0	1
Trinidad	0	4	2	6
Cameroon	0	2	4	6
Ghana	0	1	3	4
Namibia	0	1	2	3
PNG	0	1	0	1
Seychelles	0	1	0	1
Isle of Man	0	0	2	2
Mauritius	0	0	2	2
Tonga	0	0	2	2
Bangladesh	0	0	1	1
Guyana	0	0	1	1
St. Lucia	0	0	1	1

WHAT CANADA DID YESTERDAY
CYCLING
Men
40-kilometre Time Trial: Zachary Bell, Watson Lake, Yukon, seventh; Ryan Roth, Cassel, Ont., 10th.
Women
29-kilometre Time Trial: Tara Whitten, Edmonton, won gold; Erinne Willock, Victoria, 11th; Julie Beveridge, Calgary, 13th.
DIVING
Men
10-metre platform
Kevin Geyson, Winnipeg, fourth; Eric Sehn, Edmonton, sixth.
Women
3-metre springboard
Jennifer Abel, Laval, Que., won silver; Pamela Ware, Montreal, seventh; Emilie Heymans, St-Lamber, Que., ninth.
RHYTHMIC GYMNASTICS
Women
Individual All Around
Mariam Chamilova, Toronto, sixth; Dementra Mantcheva, Vancouver, 10th.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	28	14	8	6	35	27	48
x-Columbus	28	13	8	7	35	31	46
Kansas City	28	10	12	6	32	33	36
Chicago	28	8	12	8	33	37	32
Toronto FC	28	8	13	7	28	37	31
New England	28	8	15	5	31	48	29
Philadelphia	28	7	14	7	32	45	28
D.C. United	28	6	19	3	19	44	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	28	17	6	5	41	22	56
x-Real Salt Lake	28	14	4	10	41	18	52
x-FC Dallas	28	12	2	14	41	24	50
x-Seattle	28	13	9	6	36	32	45
x-San Jose	27	12	8	7	30	28	43
Colorado	28	11	8	9	39	29	42
Chivas USA	27	8	15	4	29	36	28
Houston	28	7	15	6	37	48	27

Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Tuesday's result
Kansas City 2 Chicago 0
Tomorrow's game
(All times Eastern)
Chivas USA at Seattle, 11 p.m.

NFL

WEEK SIX

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	4	1	0	.800	135	81
New England	3	1	0	.750	131	96
Miami	2	2	0	.500	66	92
Buffalo	0	5	0	.000	87	161
SOUTH						
Houston	3	2	0	.600	118	136
Jacksonville	3	2	0	.600	107	137
Tennessee	3	2	0	.600	132	95
Indianapolis	3	2	0	.600	136	101
NORTH						
Baltimore	4	1	0	.800	92	72
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	3	0	.400	100	102
Cleveland	1	4	0	.200	78	97
WEST						
Kansas City	3	1	0	.750	77	57
Oakland	2	3	0	.400	111	134
Denver	2	3	0	.400	104	116
San Diego	2	3	0	.400	140	106

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Washington	3	2	0	.600	89	92
N.Y. Giants	3	2	0	.600	106	98
Philadelphia	3	2	0	.600	122	103
Dallas	1	3	0	.250	81	87
SOUTH						
Atlanta	4	1	0	.800	113	70
Tampa Bay	3	1	0	.750	74	80
New Orleans	3	2	0	.600	99	102
Carolina	0	5	0	.000	52	110
NORTH						
Chicago	4	1	0	.800	92	74
Green Bay	3	2	0	.600	119	89
Minnesota	1	3	0	.250	63	67
Detroit	1	4	0	.200	126	112
WEST						
Arizona	3	2	0	.600	88	138
Seattle	2	2	0	.500	75	77
St. Louis	2	3	0	.400	83	96
San Francisco	0	5	0	.000	76	130

Byes: Arizona, Buffalo, Carolina, Cincinnati
Sunday's games
(All times Eastern)
Seattle at Chicago, 1 p.m.
Miami at Green Bay, 1 p.m.
Kansas City at Houston, 1 p.m.
Cleveland at Pittsburgh, 1 p.m.
San Diego at St. Louis, 1 p.m.
Detroit at N.Y. Giants, 1 p.m.
Baltimore at New England, 1 p.m.
Atlanta at Philadelphia, 1 p.m.
New Orleans at Tampa Bay, 1 p.m.
N.Y. Jets at Denver, 4:05 p.m.
Oakland at San Francisco, 4:05 p.m.
Dallas at Minnesota, 4:15 p.m.
Indianapolis at Washington, 8:20 p.m.
Monday's game
Tennessee at Jacksonville, 8:30 p.m.

CFL

WEEK 16

EAST DIVISION	GP	W	L	T	PF	PA	Pt
x-Montreal	13	9	4	0	409	337	18
Hamilton	14	7	7	0	366	366	14
Toronto	14	7	7	0	283	363	14
Winnipeg	13	3	10	0	345	350	6
WEST DIVISION							
x-Calgary	13	10	3	0	452	295	20
x-Saskatchewan	14	9	5	0	399	369	18
B.C.	13	5	8	0	321	319	10
Edmonton	14	4	10	0	273	449	8

x — clinched playoff berth.
Tomorrow's game
(All times Eastern)
Hamilton at Toronto, 7:30 p.m.
Saturday's game
Edmonton at B.C., 10 p.m.
Sunday's games
Winnipeg at Montreal, 1 p.m.
Calgary at Saskatchewan, 4 p.m.

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BATHURST & STEELES	6000 Bathurst	Bach from $875	1 Bd from $1025	2 Bd from $1150	3 Bd from $1400	416-661-7379 / 416-529-3867	1 month free on select suites
MISSISSAUGA					
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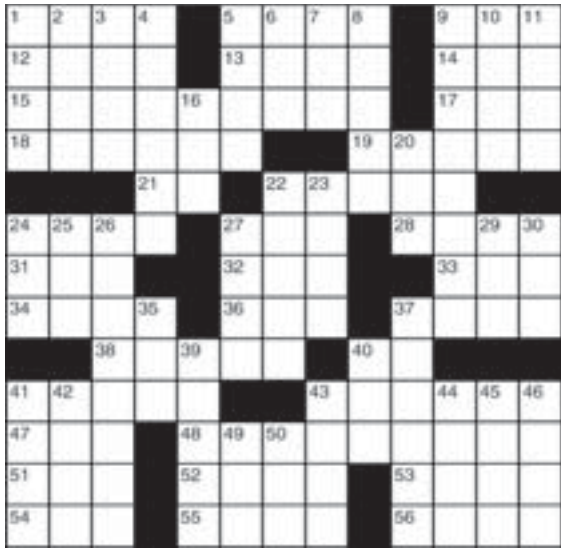
Crossword



Across

1 Storage structure
5 Alkali neutralizer
9 Cudgel
12 Relaxation
13 Musical ending
14 Past
15 "Are You Smarter Than a 5th Grader?" set
17 Sister
18 Rug, so to speak
19 Hoosegow
21 Bunyan's Babe, e.g.
22 "Star Wars" weapon
24 Dermatologist's concern
27 Increase
28 Hurry
31 "Humbug!"
32 Time of your life?
33 Shell game item
34 "Skedaddle!"
36 In medias —
37 Unescorted
38 Irrigate
40 3.14
41 Stallone role
43 Deli offering
47 Geological period
48 "Who Wants To Be a Millionaire" aids
51 Donkey
52 Maleficence
53 Brat's stocking stuffer
54 Bambi's aunt Ena, e.g.
55 Rod attachment
56 Initial stake

Down

1 Denomination
2 Head light?
3 Birthright barterer
4 Czar
5 Farm fraction
6 Bill's partner
7 Altar affirmative
8 Muffles
9 "Wheel of Fortune" chance
10 Chills and fever
11 Broadway prize
16 Driver's license datum
20 "— the ramparts ..."
22 Beer type
23 Firetruck tools
24 Couric's network
25 "Uh-huh"
26 "The Price Is Right" jackpot
27 Piece of merchandise
29 Vast expanse
30 Crone
35 Erstwhile acorn
37 Sand component
39 Tenth president
40 Chum
41 Peruse
42 Approximately
43 Hawk
44 Unsigned (Abbr.)
45 43-Across, e.g.
46 Capri or Wight
49 "— been had!"
50 "A pox upon thee!"

▶ Yesterday's answer

Sudoku

1			3	9				6
	7					5	9	
	4			6	2			1
					4			7
		9				6		
4			8					
2			4	5			3	
	8	1					6	
3				8	7			5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	8	9	3	5	7	6	2
7	9	3	4	2	6	5	1	8
6	5	2	7	1	8	9	4	3
2	7	4	6	9	3	8	5	1
5	3	1	2	8	4	6	7	9
9	8	6	1	5	7	2	3	4
3	4	5	8	6	9	1	2	7
8	2	7	5	4	1	3	9	6
1	6	9	3	7	2	4	8	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Candace, my life is perfect with you, and now awaiting our first child, everything feels complete, iloveyou Forever&Always.
<3 TMR

I LOVE YOU SARAH! you will always be mine. **<3**

Andrew Hedman, I love you so much.
L YANG

I love you so much Persia, every time I'm with you I'm the happiest man on earth and I've had an amazing year, hope there's more to come!
LOVE GG :)

Val, Wishing you all the best in your new adventure... Will miss you.
XOXOXO R

Sisters make the best of friends! To my better halves, Talisa & Sophia! Love you!
FOREVER & ALWAYS - CN

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You have kept your emotions in check long enough and if you don't let off some steam soon you may well explode. Find a constructive way to ease the pressure.

♉ Taurus April 21-May 21 Stand up for what you believe, even though it brings you into conflict with people who don't share your principles. Be aware though that in their own way they are just as principled as you.

♊ Gemini May 22-June 21 The Sun in Libra makes you want to speed things up, but not everyone wants to be pushed so hard or so fast. Today, if you want to move ahead you will have to do so on your own.

♋ Cancer June 22-July 22 When dealing with family feuds it is always a good idea to stay neutral and that is very much the position you need to adopt today.

♌ Leo July 23-Aug.23 Don't worry if you have fallen behind in your tasks because you will catch up later when your mood shifts and work starts to look attractive again. Be aware of your physical and emotional rhythms.

♍ Virgo Aug. 24- Sept. 22 If someone is taking advantage of you then you must do something about it. Don't worry that you might come on too strong and cause a rift that can never be healed. If it happens it happens.

♎ Libra Sept. 23-Oct. 23 You may think that you can cut corners and bend rules and get clean away with it, but is that the truth? Chances are it's wishful thinking. Chances are you're kidding yourself.

♏ Scorpio Oct. 24-Nov. 22 Just over a week from now a new solar year will begin and all the fears and doubts that have been holding you back will simply fade away.

♐ Sagittarius Nov. 23-Dec. 21 If you are dissatisfied with your lot that's a good sign. It means you are aware that your life is not as fulfilling as it could be. Use that dissatisfaction to motivate yourself to make changes. And make them big changes.

♑ Capricorn Dec. 22-Jan. 20 Strive to stay at least two steps ahead of your rivals. How do you do that? By making sure you are better informed than they are.

♒ Aquarius Jan. 21-Feb. 18 You are on a winning streak and that streak has some way to run, but if you are smart you will also be looking ahead and thinking about how you can consolidate your gains.

♓ Pisces Feb. 19-March 20 It may be painfully apparent that you have been living beyond your means and must cut back on what you spend, but don't go from one extreme to the other and deny yourself everything that you enjoy.
SALLY BROMPTON

SEAN KI/THE ASSOCIATED PRESS

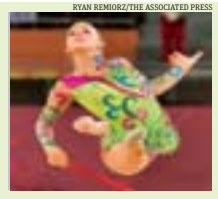
Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

RYAN REMIORZ/THE ASSOCIATED PRESS



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Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Sheridan Centre
Square One Shopping Centre
Square One Shopping Centre (kiosk)
Westgate SmartCentres

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Upper Canada Mall

NORTH YORK
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Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall

OAKVILLE
Oakville Place
Winston Power Centre

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall
Richmond Heights Plaza
Time Square Shopping Centre

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Bridlewood Mall (kiosk)
Cedarbrae Mall (kiosk)
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Limited model shown

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